THE EXERCISE OF PRAYER: OR, A Help to Devotion.

BEING A SUPPLEMENT TO THE Happy Ascetick, OR Best Exercise.

Containing

Prayers and Devotions, suitable to the respective EXERCISES

With Additional PRAYERS for several Occasions.

By ANTH. HORNECK D. D.

LONDON Printed for *Mark Pardoe* at the Black Raven, over against *Bedford-house* in the *Strand*. 1685.

Dupl. 8°. A. 274 Th.

BRITISH MUSEUM

THE PREFACE TO THE READER.

THe Book-seller being upon Printing a second Edition of the *HAPPY ASCETICK, or BEST EXERCISE*, I thought it

might not be amiſs, in order to make thoſe Exerciſes more effectual, to adde ſome Prayers, and Aſpirations, whereby Souls enamour'd with thoſe pleaſing *Severities*, might be enabled to arrive to a greater facility in the practice of them. I intended at firſt to adde them to the Book, but the Devotions, ſwelling under my hand,

hand, I was upon ſecond thoughts prevailed with, to let them come forth in a Treatiſe by it ſelf. Though the Age we live in be full of dangerous Diſeaſes, and Impiety be mounted up to a very great height, yet in the midſt of this crooked and perverſe Generation, there are perſons, and thoſe of the Church of *England*

too, who ſeem ambitious to emulate the Holineſs of *Martyrs*, and the Sanctity of the Primitive Chriſtians; and as we have reaſon to bleſs God, who lets ſuch Wheat thrive in the large ſpot of ground that is over-run with Weeds, ſo it is but neceſſary, we ſhould upon all occaſions, ſtrengthen and help their Faith, who like

Lot

Lot in *Sodom*, do not onely preſerve their innocence, but by a ſecret Fire working in their Hearts, riſe to more than ordinary fervours. As in all other Sciences, there are young beginners, as well as perſons, who are arrived to perfection, ſo it is in Religion; There are *Children* in Grace, as well as *Young men* and *Fathers*; and as no man

man can be so weak, as to imagine, that I design these Helps for the greater Proficients in goodness, so without my telling him, the Reader may guess, that these Crutches are intended for the weaker Christians, who, if they receive any benefit by them, I have my wish. To assist such, I was willing to let

these

theſe *Devotions* come abroad, not for the goodneſs of the compoſure, but to put more Oyl to thoſe Lamps, which already *ſhine before men*, that they may go on like the Sun unto a perfect day, and preſerve their brightneſs, till the coming of the *Bridegroom*, and be ready, againſt a cry is made at midnight;

night; *Behold, the Bride groom comes, go ye out to meet him.*

Books

BOOKS Printed for, and ſold by *Mark Pardoe* at the ſign of the Black Raven over againſt *Bedford-houſe* in the *Strand.*

THe *Happy Aſcetick*, or the *beſt Exerciſe*; to which is added a Letter to a Perſon of Quality concerning the holy Lives of the Primitive Chriſtians, by *Anthony Horneck*, D. D. in *Octavo.*

Delight and Judgement; or a Proſpect of the great day of Judgement and its Power, to damp and imbitter Senſual Delights, Sports, and Recreations. By *Anthony Horneck*, D. D. in *Octavo.*

A Sermon preached before the King on the Fifth of *November.* By *George Hooper*, D. D. in *Quarto.*

A Sermon preached before the Lord Mayor on the 30*th* of *October*. By *George Hooper*, D. D. in *Quarto*.

Another *Eſſay in Political Arithmetick*, concerning the Growth of the City of *London*, with the Meaſures, Periods, Cauſes, and Conſequences there of 1682. By Sir *William Petty*, Fellow of the Royal Society. In *Octavo*.

Obſervations upon the Dublin *Bills of Mortality*, and the State of that City. By Sir *William Petty*, Fellow of the Royal Society, in *Octavo*.

Novels of Queen Elizabeth *Queen of* England, containing the Hiſtory of Queen *Ann* of *Bullen*, of Baſſa *Solyman* and the Princes *Eronima*, in two Parts, in *Twelves*.

Obſervations on Fevers und Febrifuges. *Twelves*.

The Plain mans way to Worſhip and Practice. In *Twelves*.

Becheri Minera Arienaria. In 4.

----*de Nova Temporis*. 4.

THE

THE EXERCISE OF PRAYER.

A Prayer relating to Exercise 1. *which is* to Pray without ceasing.

O God Gracious and Merciful! who giveſt power to the Weak, and ſtrength to the Feeble; who knoweſt the backward-

neſs of my Heart, and the unwillingneſs of my Soul to Spiritual Duties; who underſtandeſt all my Wants, and art acquainted with all my Weakneſſes, behold how loth my Soul is to have her converſation in Heaven, and what excuſes my Fleſh makes to hinder my mind from frequent addreſſes to thy Mercy-ſeat. I entreat thee to apply thy healing Hand to my ſickly Soul, and to fill it with Spiritual deſires. Oh give me a praying Spirit, and let my Soul follow hard after thee! Teach me to make a Spiritual uſe of every thing, and inſtruct me to ſee the Creator in the Creature.

ture. Lord, free my Spirit from the bondage of the Flesh, that it may mount up cheerfully to thy Throne upon all occasions. Direct my Mind to look up in all my Actions, and let me take notice of the Operations of thy Hand in all occurrences whatsoever. Let thy good Spirit help my infirmities, and when I know not what to say, my dearest Lord, suggest unto me how to fill my Mouth with Arguments. Acquaint me with the art of Extracting good out of every thing. O that I had that Spiritual temper, which might incline me to think of God, whenever I behold the works

of Creation and Providence! How ſweet is it to walk with God! O let no company be ſo pleaſing to me as thine! Make me deſirous to embrace all opportunities to reflect on thy Perfections and Excellencies. Thou haſt both commanded and promiſed ſpiritual Wiſdom; O beſtow upon me that excellent gift, that I may know, how to glorifie thee in this world, and arrive at laſt to that glory which thou haſt promiſed to them that overcome, and continue faithful unto death, through Jeſus Chriſt our Lord. *Amen.*

A Prayer, relating to Exerciſe 2. *which is,* Every Morning *to* reſolve *to tie* our ſelves *that day to* certain Rules *of* Living.

O Thou who dwelleſt in the Heavens, and yet humbleſt thy ſelf to behold the ways of the Children of men! Thou haſt been graciouſly pleaſed to reveal thy Will to me, and given me Rules to walk by; Rules, which if a man follows, he

ſhall live for ever. How ſweet are thy Teſtimonies! They enlighten the Eyes, and give underſtanding to the Simple. How glorious is that Soul, in thy ſight, that makes thy Will a Lanthorn to her Feet, and a Light unto her Paths! Lord in theſe pleaſant Paths I deſire to walk; there is nothing like them. They end in peace. I read of thoſe who have found it ſo, they could not be miſtaken. Thy Spirit inflamed their Souls. They have ventured their lives to attain unto it. O the Serenity! O the Calmneſs of mind! O the inward Joy, they found by walking in the Paths of Righteouſneſs!

ouſneſs! Why ſhould not I take of this Tree of Life, as well as they, and live! This, O Lord, I often think of, and ſee great lovelineſs in all this, But my Will is weak, my Reſolutions faint: When I reſolve, I meet with Waves and Billows, that daſh my reſolutions. O thou, whoſe power is infinite, open thy Store-houſe, and furniſh me with Weapons to defend my ſelf againſt all aſſaults from the world, or the Devil! O ſtrengthen theſe feeble Knees: Hold up theſe weary Hands. I deſire to follow thee; let thy Spirit liſt me up, and cauſe me to run. Touch my Will with thy Sce-

pter, that it may bow to thy Commands. Manifeſt thy Power in my weakneſs; give me courage to purpoſe, and to fulfil my purpoſes. When I would flinch in my reſolutions, do thou ſupport me. When my Will would ſtart back like a broken Bow, come in with thy Salvation. Endow me with power from on high; through thee I ſhall do valiantly: through thee I ſhall be able to overcome all difficulties. O leave not my Soul in miſery: Send from above and take me, draw me out of many Waters; ſend out thine Arrows, and ſcatter my vain Imaginations. With thee I will run through

through a Troop, by my God will I leap over Walls and Impediments. Quicken me, O Lord, for thy Names ſake, and for thy Righteouſneſs ſake bring my Soul out of trouble. Teach me to do thy will, for thou art my God, thy Spirit is good, lead me into the Land of uprightneſs, for thy mercies ſake, for Chriſt's ſake. *Amen.*

A Prayer, relating to Exerciſe 3. viz. Every day to ſpend half an hour, or ſome ſuch time, in thinking of good things.

O Thou whoſe Wiſdom cannot by ſearching be found out! who haſt made me a rational creature, and given me power to think of all thy wondrous Works. What excellent Objects doſt thou ſet before me! Objects to delight, and edifie my Soul! O that my ways were directed to keep

keep thy Statutes! O that my Soul might ever dwell beside those ſtill Waters! O teach me the art of Meditation. Give me a large and apprehenſive Mind. Awaken my ſlumbring Soul. Encourage it to fix upon adequate objects. My Soul is a Spirit, O let it delight in things agreeable to its nature. Since my Mind muſt be buſie about ſomething, let it be employed in things that make for its everlaſting Peace. Oh! how fickle are my Thoughts! how inconſtant my Contemplations! How ſoon, and how eaſily is my Mind drawn away from ſpiritual things! To thee I flee,

flee, O hide me to ſave me. Let my Treaſure be in Heaven, that my Heart may be there alſo, O ſpiritualize my Affections, that they may delight to be where thou art. Let ſpiritual Objects become lovely, amiable, and charming in my eyes. Did I love them, I ſhould think of them: Were they dear and precious to me, how could I forbear contemplating of them! O let their beauty appear to me. Take away the Veil from my Face, which hinders me from ſeeing him that's altogether lovely. Encline my heart to thy Teſtimonies. Anoint mine Eyes with Eye-ſalve, that I may ſee grea-

greater lovelineſs in things that are not ſeen, than in thoſe which are ſeen. My Underſtanding is dark, O enlighten it. Clarifie it with thy Beams. Let me hate vain Thoughts; but thy Law let me love. O let me not grudge the time that I ſpend in Meditation. Aſſure me, that this is Balſom to my Soul, and that by theſe means the lines will fall to me in pleaſant places, and I ſhall have a goodly Heritage. The righteouſneſs of thy Teſtimonies is everlaſting, O give me underſtanding and I ſhall live. There is Beauty, there is Satisfaction, there is Life in ſpiritual Objects. O let me find them

ſweeter

ſweeter than honey unto my taſte. Diſcover thoſe riches to me, that I may look upon them, and deſpiſe the glittering Treaſures of *Egypt*. Theſe are deceitful things: Theſe allure indeed, but afford no laſting comfort. O give me a ſight of that Wealth, which is not liable to Corruption: I ſhall find it in the Myſteries of the Goſpel. Thou haſt ſaid, the pure in Heart ſhall ſee God. O purifie my Soul from fleſhly Luſts which war againſt it, that I may ſee, and diſcern what thou haſt laid up for them that fear thee: and ſeeing it, may long after an eternal

nal fruition of the Light of thy Countenance, through Jesus Christ our Lord. *Amen.*

A Prayer relating to Exerciſe 4. viz. *To* ſtudy deep Humility.

O Thou Lofty and Holy one, who inhabiteſt Eternity, and dwelleſt in the high and holy place, with him alſo that is of an humble ſpirit! Whether ſhall I go, but to thee who haſt the words of eternal life! How ſhall I get this humble Spirit, but by thy power and influence! Ah! how proud is my Heart! how loth am I to ſubmit to thy will! how loth to think ill of my ſelf!

ſelf! how loth to bear injuries! how loth to converſe with thy poor members! How loth to be ſenſible of my errours! How loth to acknowledge a fault! And yet all this while, I believe that thou beholdeſt the proud afar off, and that nothing is more abominable in thy ſight! How apt am I to admire my ſelf! How apt to harbour high conceits of my endowments! How apt to hunt after the praiſe of men! And what is all this but Wind? What is it but Smoak, and Air, and Vanity? How ſuddenly do theſe things grow, and how ſuddenly do they die again! How ſenſual, how carnal muſt

that

that Soul be, that minds such things! How void of a sense of greater beauties! how little affected, how little touched with the honour that comes from God! How weak in Grace! how feeble in Religion, that hath not learned yet to leap over such Straws! This is my case, O Lord; I am that weak, that empty Soul, and yet unwilling to confess that I am proud, and vain, and lifted up: Pity me, O my God; make me sensible how far I am from the Kingdom of God; till Humility brings me neerer. Crush whatever proud Thoughts and Desires thou spyest in me. O put me in mind of my Du-

Duty, whenever any vain thoughts rise in my Soul. Pull down in me all Imaginations that exalt themselves against Christ Jesus. O let not my Heart be haughty, nor mine Eyes lofty; neither let me exercise my self in things too high for me. Give me a sight of mine own vileness. Let me not be cheated with false colours. Let thy greatness overaw my Soul. Let the example of my Saviour work upon me. How shall I be his Disciple, and think of my self above what I ought to think. Let God arise, and let all my vain Conceits of mine own worth be scattered.

What

What am I but a handful of Duſt! What am I but a Beggar, and thy penſioner, and who lives upon thy charity! O let theſe thoughts ſubdue my Soul. Make me as ambitious of an humble Spirit, and lowly Mind, as others are of the greatneſs and admiration of the world. Humility will make me great and honourable in thy ſight. Let that honour content me, let that priviledge ſatisfie my Soul. O let a deep ſenſe of my guilt humble me; Then ſhall I with the Penitent Prodigal be welcome in my Fathers houſe, and my Soul ſhall live, through Jeſus Chriſt our Lord. *Amen.*

A Prayer relating to Exerciſe 5. viz. To bridle our Tongues.

O God, by whom I am fearfully and wonderfully made, who haſt beſet me behind and before, and laid thine hand upon me, ſuch knowledge is too wonderful for me; it is high, I cannot attain unto it: How have I abuſed that Tongue thou haſt given me to ſhew forth thy praiſe! How long have I employed it about things which do not profit! I am aſhamed of it. O teach me

me to blush! O let me see how I have perverted thy gifts, and misimproved my Talents! O let me value thy Mercies better, and give me thy Grace to remember that I am not mine own. Assure me that I am bought with a Price, to shew forth the glory of him that died for me. And can I shew forth thy glory, if my tongue be not cautious of offending thee? Can it look like glorifying thee, if that Member, which of all the Organs of this mortal Frame, is most fitted for thy glory, fails in its duty? The volubility, quickness, nimbleness, readiness, thou hast planted here, were all intended

ded to trumpet forth thy glorious Attributes. O my God! I will not hide thy Righteousness within my Heart, I will declare thy Faithfulness, and thy Salvation. I will not conceal thy loving Kindness and thy Truth from the great Congregation: Let me speak of thee with reverence and godly fear. Give me discretion to know how, and when, and what to speak. Lord, give me Motives and Arguments to speak as I ought to do. Let my Speech be always with Grace seasoned with Salt, that I may know how to answer every man. Let no corrupt Communication proceed out of

of my Mouth, but that which is good, to the uſe of edifying, that it may miniſter Grace unto the hearers. Set a watch, O Lord, before my mouth, and keep the door of my Lips. Let me keep my Mouth, as it were with a Bridle, and teach me to puniſh my ſelf for my great neglect with gracious and ſavoury diſcourſes. Let me delight to ſpeak of thee, and make me afraid of every idle word. Lord, rule my Tongue, and let even that member be dedicated to thy ſervice. In all my Speeches and Anſwers let me ſtudy Veracity, Sobriety, and Modeſty. Open thou my Lips, O Lord, and let my Tongue

Tongue be filled with thy praiſe all the day long, and in the night ſeaſon let me not be ſilent. Fill me with a profound ſenſe of the great day of Account, when my Words will be examined as well as my Actions. Seaſon my Tongue with conſcientiouſneſs, and let me not be raſh with my Lips. Let my Heart ſmite me, when I am going to ſpeak things, which are not after thy Law. Let thy Statutes be my Songs in the houſe of my pilgrimage, and let the Law of thy mouth be better unto me than thouſands of Gold and Silver. *Amen.*

A Prayer, relating to Exerciſe 6. viz. To watch againſt little Sins.

O Thou who art of purer Eyes than to behold Iniquity with the leaſt approbation! How have I been deceived! how have I been impoſed upon by the World and my treacherous Heart! How ſecurely have I wallowed in leſſer ſins, and made a mock of them. I ſee, Lord, what circumſpection is neceſſary in a Chriſtian-life. I repent of making ſo light of things which have been offenſive, and con-

contrary to thy Holineſs. Fool that I was, to imagine that any thing can be trivial and light which thou haſt forbid! Can any Order or Precept proceed from thee, but what is the product of eternal deliberation? Can any thing be needleſs which thou ſet'ſt thy Hand & Seal to? What low thoughts muſt I have of thy Wiſdom! What mean conceptions of thy Omniſcience, if I harbour ſuch Imaginations! Dull blockiſh creature that I am, when every Law thou makeſt, and every Work thou doeſt, and every Providence that comes to paſs, is done according to the eternal counſel of thy Will, built

upon the ſtrongeſt Pillars of Reaſon, and is an effect of the brighteſt, cleareſt, and moſt unbyaſſed Underſtanding, how can any thing be little and inconſiderable that thou do'ſt command. But alas! Theſe are but the pretences of my Luſts! they are loth to be deprived of their pleaſures, and therefore ſuggeſt ſuch feeble Arguments. A little ſin! what nonſence is there in that word! Why ſhouldeſt thou prohibit it? why ſhouldeſt thou warn, entreat, and beſeech me not to do it, but that thou who knoweſt all things, knoweſt it to be prejudicial to my Soul. It's a ſign I eſteem, I prize thee

thee not. Did I truly look upon thee as the lovelieſt Being, and my onely and greateſt Benefactor, I ſhould be afraid of a diſorderly thought. O let me never judge of ſin any more by the ſickly fancies of carnal men, but by the holineſs of thy Nature: And as thou, my God, who haſt called me, art holy, ſo let me be holy in all manner of Converſation. O let me not dally with ſin any more, nor make ſport with it becauſe the world calls it little, but let it be ſufficient to me, that thou my God diſlikeſt it, and make me entirely conformable to thy Will. Give me, O thou gi-

ver of every good thing, juſt apprehenſions of my duty. Increaſe my love to thy Name, and my hatred of ſin will encreaſe. O that I were more raviſhed with thy beauty! how odious would every thing be to me that is injurious to thy Glory! O the infinite obligations I have to love thee, and yet how cold is my Heart! and becauſe it is cold, I ſtartle at nothing but the greater ſins. O let me remember that I am a Chriſtian, and have vowed my ſelf to thy ſervice, and let me ſerve thee in keeping even of the leaſt of thy Commandments. Diſcover to me the equity and reaſonableneſs of every

every Precept, that I may plead no excuſes, no impediments, but break through all obſtacles, to expreſs my love. O let me eſteem all thy Precepts concerning all things to be right, and let me hate every falſe way. Nothing can be lovely that thou forbiddeſt. Nothing can be ſound that thou accuſeſt of rottenneſs. Nothing can be ſafe that thou warneſt me againſt! I have found the ways of ſin falſe indeed; falſe as Hell. When I have thought to ſtep into the bed of pleaſure, I have ruſh'd into a Gulph of miſery. When I have hoped to fill my ſelf with content and ſatisfaction,

I have run into Briars and Thorns, and filled my Heart with heavineſs, and I find I have been flattered into ruine. O let me dread the very appearance of evil, and be thou my everlaſting ſweetneſs, my everlaſting delight, my everlaſting comfort, through Jeſus Chriſt our Lord. *Amen.*

A Prayer relating to Exerciſe 7. viz. To keep a ſtrict guard over our Eyes.

O Thou whoſe Eyes are like flames of fire, and whoſe Feet like Braſs glowing in a Furnace, who art brighter than the Sun, & clearer than the Stars, whoſe eyes run to and fro through the world to ſhew thy ſelf ſtrong in the behalf of thoſe whoſe Heart is upright before thee: I have deſerved that no eye ſhould

pity me, becauſe I have not uſed my ſight with that Moderation, Modeſty, Decency, and Piety thou juſtly requireſt of me. I have had Eyes, and have not ſeen thoſe things I ſhould have taken notice of: it were juſt with thee to ſtrike me blind, and to deprive me of that mercy which I have ſo often turned into wantonneſs! I have ſtared upon objects that have inflamed my Luſts, irritated my Paſſions, and kindled Hell fire in my Breaſt. Ah! what impure, what diſorderly thoughts have I let in through theſe windows! Wonder, O my Soul, that Vengeance hath not pulled them out, or that darkneſs

neſs hath not yet ſeized on them. What diſcontent, what miſtruſt of thy Providence, what Pride, what Envy, what Malice, what Revenge hath crept into my Soul through theſe Glaſſes! How ill a uſe have I made of the gift of God! How have I diſhonoured my Creator with theſe eyes! How covetous, how vain, how ſenſual hath my ſight of the riches and pleaſures of the world made me! O look upon me, and have mercy on me. Open thou mine eyes, that I may ſee wondrous things out of thy Law. O let nothing be ſo pleaſant to mine eyes as thy marvellous works.

Teach

Teach me to see thee in thy Providence, and in thy works of Grace and Nature. O let me remember that where-ever I am, I am before the eye of thy glory, and let mine eyes be ever toward the Lord. If my right eye offend me, let me pull it out. Give me courage to turn away mine eyes from beholding Vanity, when that Vanity would make me enamoured with the world. Quicken the eyes of my mind, that I may behold thy Power and Glory, as I have seen it in the Sanctuary. Shew me the danger of walking in the sight of mine Eyes, and guide me by thine Eye. Destroy in me all lofty

lofty looks, and the Luſt of the eye do thou remove far from me. See O Lord, and conſider my wants, and teach me to offer unto thee my reaſonable ſervice. Let my outward as well as inward man be thy ſervant. O let me ſee, and taſte, how ſweet and how gracious thou art. Thou haſt given me my Eye-ſight, Cauſe me to ſee thy Salvation; and let me ſee that I walk circumſpectly, as wiſe men, and not as Fools, redeeming the time, becauſe the days are evil. Conſider, and hear me. O Lord my God, lighten mine eyes, leſt I ſleep the ſleep of death. Keep me as the apple of thine eye,

eye, hide me under the ſhadow of thy Wings: Then ſhall I behold thy Face in righteouſneſs, I ſhall be ſatisfied, when I awake with thy likeneſs. O glorious ſight, when I ſhall ſee thee as thou art; how raviſhing will that proſpect be! How tranſporting that Viſion! O let me not miſs of it! O let me not loſe that charming ſpectacle! I will look upon thee here. I will behold thee in the bleſſings I enjoy. I will ſee thee in thy Mercies, and admire thee. I will look to my ſelf, that I may not erre from thy Commandments. I will look for the new Heavens and the new Earth, where-

in

in dwells righteousness. I will look up, and please my self with the thoughts of Mount *Sion*, which fades not away. I will look unto the Lord, that I may be enlightened, and my face may not be ashamed, thorough Jesus Christ our Lord. *Amen.*

A Prayer relating to Exercise 8. *viz.* To make good use of the Virtues & Vices of our Neighbours.

MOst Merciful Father, Creator of Heaven and Earth, who hast given me a Soul apt to be led by Examples, and hast set most excellent Patterns before me, that I might follow their steps, encline my Heart, I beseech thee, to consider the large provision thou hast made for my better part,

part, and let me not ſtand in mine own light, and continue blind in the midſt of ſo many ſhining and burning lights. Ariſe, O Lord, and deliver me from the wicked, from the men which are thy hand, O Lord, from the men of the world, who have their portion in this Life, and whoſe Bellies thou filleſt with thy hid Treaſure. O let me ſee with other eyes than carnal men do ſee. O raiſe my Mind, and carry it up to the holy Mount, to the Mount of God, and from thence let me behold the portion of thy Children, of thoſe excellent ſouls, that deſpiſe the world, and labour for ho-

honour and immortality. Discover to me the comforts and satisfactions they enjoy in thy Bosom; and how thou makest them drink of the Rivers of thy pleasures. Let their Faith encourage me to believe in hope, against hope, that as they are made perfect in love, so I may be perfect too, and may be one with thee, even as thou and they are one. I cannot have a better example than thy self, O make me partaker of thy divine Nature. Give me a holy ambition to be like thee. Make me merciful, as my Father in Heaven is merciful. O let that mind be in me, which was also in Christ

Chriſt Jeſus. O Jeſu attract my Soul with thy beauty. Teach me to tread in thy ſteps. Let thy example be ever before me, and where-ever I am, let me do nothing unworthy of it. If I follow thee, I cannot erre: Thou art the way, the truth, and the life. Lord do thou appear very amiable to my Soul, that this ſight may conſtrain me to learn of thee. Tranſcribe thy Graces on my Soul, and Life, that my Converſation may ſhew that I am thy Diſciple indeed, reſolved to live, and die, and riſe with thee to eternal Glory. Give me the Spirit of *St. Paul:* Give me the excellent temper of

thoſe Saints, who through Faith ſubdued Kingdoms, wrought Righteouſneſs, obtained Promiſes, ſtopped the mouths of Lyons, quenched the violence of the Fire, out of weakneſs were made ſtrong, and were tortured, not accepting deliverance, that they might obtain a better reſurrection. O deny me not the ſame Spirit of Faith, that at laſt I may obtain the end of my Faith, the ſalvation of my Soul, through Chriſt our Lord. *Amen.*

A Prayer, relating to Exerciſe 9. viz. To put a charitable interpretation upon what we ſee or hear.

O God, who art infinitely compaſſionate, and charitable Love it ſelf, and Goodneſs it ſelf! Ah! how ſelfiſh is my Heart! To whom ſhall I complain, but to thee, who alone canſt heal me! Thou haſt Balm, thou haſt Plaiſters for all Sores, Medicines for all Diſeaſes. Thy Store-houſe is full

full of Bleſſings. How uncharitable are my Thoughts ſometimes! How cenſorious my Tongue! How apt am I to think and ſpeak ill of my Neighbour! How doth my Blood boyl with revengeful deſires, when either a real, or an imaginary injury is offered me! O thou God of Peace, O Father of mercy! melt, melt this ſtubborn Heart; how loth is it to yield to thy injunctions! I am encompaſſed with all the rays of Gods charity imaginable. Thou beareſt with me, when I deſerve puniſhment, thou dealeſt not with me after my ſins, neither rewardeſt me after mine iniquities. Even my

my beſt Actions thou mighteſt juſtly except againſt; but thy Charity covers a multitude of faults. How often do I provoke thee, and yet thou ſhooteſt not thine Arrows at me. I tranſgreſs thy Laws, I affront thee, I am an unprofitable Servant, yet thou pitieſt me, and do'ſt not ſuffer thy diſpleaſure to ariſe againſt me. In the midſt of my follies thou art kind, not that thou approveſt of them, but that thou wouldeſt lead me to Repentance. O let me think of this, and let me love my Neighbour with a pure heart fervently; ſpread thy Wings over me. Form in me bowels of Mercy,

cy. Come Charity, thou lovely grace. Come into my Garden, my Spouse, my Beloved! O thou celestial Husbandman, plant this wholesome Herb in my barren ground. Pull up the Weeds that grow there. Banish from me all sourness of Spirit: Let all bitterness and wrath die in me. Let all malice flee away from my Soul. Rid me of that ill nature which lodges in me. Let gentleness and meekness be the welcome guests in my Heart. Make me peaceable and tractable, easie to be intreated, full of good works, ready to forgive. Let the Charity of the Lord Jesus be my guide, and let me truly

truly follow the Lamb whetherſoever he goes. O Jeſu! Can I after thy Charity to my Soul, be unkind to others! Can I be churliſh, moroſe, and ill-natured, when I remember how thou diedſt for thy Enemies! I believe thou intercedeſt for me in Heaven! what favourable conſtructions muſt I ſuppoſe are put upon my Actions in that interceſſion! When Satan accuſes me in the preſence of God, and hath but too much reaſon for thoſe Accuſations, thou pleadeſt thy Merits, thy Wounds, and thy Fathers Love. Where my infirmities will bear excuſes, thou qualifieſt them, and ſuf-

fereſt not the Enemy to have his will of me. O let thy great example be ever before me, and when I would forget it, repreſent it in lively colours to my Mind, that I may be thy Diſciple indeed; and having lived in Love and Charity here, may at laſt arrive in the Paradiſe of everlaſting love. *Amen.*

A Prayer, relating to Exerciſe 10. *viz.* Conſcientiouſly to diſcharge the duties of our ſeveral Callings & Relations.

MOſt glorious God! who haſt fitted thy holy and wholeſome Laws to my Wants and Neceſſities, and in commanding me, doſt conſult my intereſt and advantage more than thy profit and glory; How am I bound to praiſe and magnifie thy bounty!

Thou haſt taught me how to live and behave my ſelf in all conditions, and to make me a Souldier compleatly armed, haſt chalked out to me the particular ſteps, I am to tread. As theſe are part of the bleſſings of thy right hand, ſo let my Soul admire them above thoſe of thy left. Whatever Eſtate I am in, whatever Relation, Calling, Station I ſtand in, give me Grace to adorn it with a ſuitable Converſation. Teach me how to behave my ſelf wiſely in a perfect way. O when wilt thou come unto me! O let me remember, that in the Calling thou haſt placed me in, thou haſt called

me

me to certain duties, of which thou wilt take an account one day. O convince me that I am not called to idleness, but to labour in thy Vineyard. When my carnal heart would baulk the work, thou hast set me, in the station I am in, let thy good Spirit crush my unwillingness, and manifest his power in my weakness. I am backward to any thing that requires pains and circumspection, but renew thou a right Spirit within me. Be thou exalted Lord, above the Heavens, and thy glory above all the Earth. If thou wilt but appear in my Soul, every thing will yield, and every rebellious

Luſt will bow to thy Majeſty. Nothing can reſiſt thy Omnipotence, and whatever deſire in me hath been hitherto refractory and rebellious, will be frighted at thy preſence, and either retire, or become ſubject to thy power. O prepare Mercy and Truth, which may preſerve me, and my mouth ſhall ſing of thy Righteouſneſs. O let me remember that every new relation brings a new obligation upon me; and that if I regard not that obligation, I am unfaithful to my God. In every condition, in every relation let me conſider the duties incumbent upon me, and make

me

me zealous to discharge them. Let not the example of others, whose Consciences are seared, tempt me to neglect them. O tell my Soul, that it's better to have thy favour, than the applause of men; and teach me to act according to that rule, that the peace of God may be upon me, as it is upon the whole *Israel* of God, through Jesus Christ our Lord. *Amen.*

A Prayer, relating to Exerciſe II. *viz.* To reſiſt all ſorts of Temptations.

O Lord of Hoſts! who is a ſtrong Lord like unto thee, or to thy faithfulneſs round about thee? Thou ruleſt the raging of the Sea, when the Waves thereof ariſe, thou ſtilleſt them. Thou ſeeſt what temptations I am encompaſſed with, what Enemies ſurround me, and how I am be-

beſet with Dangers. Extend thy Mercy to me, and ſend from above and take me. Deliver me from my ſtrong Enemy, and from them which hate me. Leave me not to the rage of Temptations, neither give me up to the will of thoſe that perſecute my Soul. I will ariſe, O God, and fight the good fight. Teach me what Temptations are, and give notice to my Soul when I am in danger. I know, O Lord, all Places, Callings, and Employments bring Temptations with them! How diligent, how watchful ought I to be, that I do not get a fall, and that mine Enemy rejoyce

not over me. Yet I will not be afraid, if thou art with me, I may defie all that are againſt my Soul to deſtroy it: For thou Lord, wilt bleſs the righteous, and with thy favour thou wilt compaſs him, as with a Shield. Up Lord! and pluck thy Hand out of thy Boſom: Enable me to put on the whole Armour of God. Gird about me the Sword of the Spirit, and with that let me recover the glory I have loſt in *Adam*'s Fall. O God, I will cry day and night unto thee; give me Wiſdom and Reſolution to ſecure thy Favour. I cannot ſecure it, except I hate thoſe that hate

thee,

thee, and am grieved with thoſe that riſe up againſt thee. O Lord, mine own Fleſh, and the World, and Meſſengers from Hell, are confederate againſt thee. O teach my hands to war, and my fingers to fight. My Rock, my Fortreſs, my Deliverer, my God, my Strength, in whom I will truſt, my Buckler, and the Horn of my Salvation, and my high Tower, cover my head in the day of Battle. Let mine eye ſee my deſire on the temptations which annoy me. Hear my voice out of thy Temple, and let my cry come before thee, even into thine Ears. Arm me with Arguments; ſug-

geſt

geſt unto me Reaſons, whereby I may anſwer, and reſiſt the evil motions which would ſeduce my Soul. Give me power to climb thy holy Hill: When I faint, Lord ſupport me; when I grow weary, furniſh me with freſh motives to hold on; when I would go back, perſwade me to preſs toward the mark; when I fall, let thy Angels bear me up in their hands. O thou that haſt done great things for me, marvellous things on this ſide Heaven, ſtrengthen my Faith, that I may endure temptation, and being tried, may receive the Crown of righteouſneſs, which thou haſt pro-

promised to them that love thee, through Jesus Christ our Lord. *Amen.*

A Prayer relating to Exerciſe 12. *viz.* To ſtand in awe of God, when we are alone, and no Creature ſees us.

O Lord, thou haſt ſearched me, and known me; thou knoweſt my down-ſitting and mine up-riſing; thou underſtandeſt my thoughts afar off; thou compaſſeſt my Path, and my lying down, and art acquainted with all my ways. I beſeech thee o-

veraw

veraw me with thy preſence. O that thou wert in all my thoughts! O how ſweet, how delightful, how glorious art thou! Could I always think of thee, how poor would the World, and all things in it, ſeem in mine eyes! For truly thou art fairer than the Children of men! and all the Excellencies and Perfections that are found in the Creature, are moſt eminently concentred in thee; for thou madeſt them, thou maintaineſt them, thou preſerveſt them, and thou art the Spring, the Fountain, from which all thoſe leſſer Rivers flow. Thou art bright, amiable, charming to

a miracle; and in thee is all that Reaſon can wiſh, and the Underſtanding can deſire! And did I look upon thee more, I ſhould be ſo delighted with thy Beauty, that ſin would be loathſome to me. I ſin againſt thee, becauſe I loſe the ſight of thee. The eye of my underſtanding was given me on purpoſe to look upon thee! O let me uſe it to that end! When I am loth to look upon thee, Lord preſs thou into my thoughts, that I may not be able to ſhake off thy preſence. If I ſee thee, I ſhall not dare to offend thee: Who would offend ſo dear a friend, if he look upon him?

him? When any ſin would inſinuate into my affections, O call to me, and ſay, *Thy God is here*, and that charming Name will withhold me from thoſe crooked ways. I remember Lord, when my fleſh hath ſometimes prevailed with me to tranſgreſs thy known Laws, I have been forced to baniſh thee from my mind, before I could act againſt thee. Hence forward be thou ever with me. Let no baſe objects intervene betwixt my ſight and thy glorious ſelf; or if they do, help me to look off, and to return to my center. Make ſtrong impreſſions of thy omniſcience and omnipreſence upon my heart,

heart, that no sensual object, no pleasing Temptation, no Deceit, no Flattery, may rob me of my integrity. At the brightness of thy presence, let all mine Enemies vanish, and be thou my Conquerour, my Triumph, my Beauty, and my Glory, through Jesus Christ our Lord. *Amen.*

A Prayer relating to Exercise 13 *viz.* To do all things to Gods glory.

O God, who is like unto thee, glorious in Holiness, fearful in Praises, doing Wonders! Thy glory is the end of all created Beings. Thou art deckt with Beauty and Glory, glorious is thy Name, and to glorifie thee is not onely our duty, but our glory and intereſt too. O let my heart be toucht with a

ſenſe

ſenſe of thy glory. O let me admire the glory of thy Kingdom. If thou wouldeſt vouchſafe to diſplay thy glory in my benighted Soul, how ſhould I deſpiſe this miſerable world! How ſhould I ſcorn the luſt of the Eye, and the luſt of the Fleſh, and the pride of Life! I have talked of thy Glory; but O how little have I aimed at it in my actions! What baſe and ſiniſter ends and deſigns have I had, even in my Devotions and religious Services! O Father of mercy, purifie my intentions, rectifie my deſigns; give me a right aim in all things. I am ſent into the world to advance thy Glory.

Glory. O let it not be ſaid that I ſought mine own glory! How great is thy goodneſs, that thou wilt employ ſo wretched a creature in promoting thy Glory, who can'ſt live without me, and be happy and glorious without me! O glorifie my Soul, that I may glorifie thee! In all the Bleſſings, in all the Mercies I enjoy, let me give thee all the glory. What have I, that I have not received? Why then ſhould I glory as if I had not received it? O let me ſtudy how I may do good in my Generation. Let the Spirit of Glory, and of Chriſt, reſt upon

upon me! O Father of Glory, let me ſee what is the glory of thine inheritance. Open thou my Lips, O Lord, and my Mouth ſhall ſhew forth thy Praiſe. Guide me by thy Counſel here, and hereafter receive me into glory. O that this Heart of mine were more ſpirituallized. It is carnal, ſenſual, taken with the gayeties of this life. It admires thee not. It doth not eſteem thee above all Treaſures, and therefore I do not ſeek thy Glory as I ought to do. Therefore I evade the Obligation, and pretend, that I have no Parts, no Abilities to advance thy Glory

in this preſent world. O wretched Creature that I am, Who ſhall deliver me from the Body of this Death! Lord ſpeak the word, and deliver me from my ſelf. Aſſure me that the degrees of future Glory will be proportioned to the degrees of my advancing thy Glory here. O let me abound in good Works, and let doing good be my greateſt delight, for as much, as I know, my labour is not in vain in the Lord. It cannot be in vain. Thou haſt promiſed it, and thou wilt do it. I believe, Lord, help mine

mine Unbelief, thorough Jesus Christ our Lord. *Amen.*

A

A Prayer relating to Exerciſe 14. *viz.* To ſtir up and exerciſe the Graces God hath given us.

O God, thou art a ſtrong Rock, and a ſtrong Habitation! How excellent is thy loving kindneſs, therefore the Children of men ſhall put their truſt under the ſhadow of thy Wings! O my God, how have I contented my ſelf with very low degrees of Vertue! I have been afraid of doing

too much for Heaven, and ſatisfied my ſelf too often with ſhadows of Goodneſs! Thou art not wanting to us, if we are not wanting to our ſelves. Thou art ready to quicken us, ready to enlighten us, ready to ſuccour us in all our diſtreſſes and neceſſities. O thou that art a ſtrong Tower to all them that run unto thee. Take care of my immortal Soul: if thou wilt charge thy ſelf with her welfare, I ſhall be ſafe. I have been very ſlothful hitherto. I have loſt much time, many opportunities, many advantages of a Spiritual life. I know I muſt grow on to a perfect man in Chriſt Jeſus. Thou

Thou doeſt not allow me to ſtand ſtill! Thou biddeſt me work like a man that knows what an endleſs Glory means. O purifie me from all ſin. Lord Jeſu! give me the fervour of thy Spirit, that I may bee filled with ſpiritual Wiſdom and Underſtanding; and for the glory ſet before me, may be content to do, and ſuffer cheerfully, whatever in thy Wiſdom thou ſhalt think fit to charge me with. Come Lord! make a Reformation in this poor, blind, diſtreſſed, miſerable Soul; my Faith is weak, my Hope is weak, my Love is weak, my Charity is weak. One word of thy

mouth would put vigour and life into me. The ſame Word that made the Sun ſhine out in the firſt Creation, would make my Graces bright, and that Sentence, *Let there be Light*, ſpoken to my Soul, would change the dark *Chaos* into a *Globe* of light. O make goodneſs habitual in my Soul. O that it might be an everlaſting inhabitant in me! O that my Soul might become its proper Seat, its Palace, its Tabernacle, from which it might never depart! Ah! how inconſtant is my Zeal! Hot I am to day, and cold to morrow. Sometime I ſeem to lay force on the everlaſting King-

Kingdom; a little while after I fall in love again with the world. O deſtroy this weed of inconſtancy in my Garden. All this comes from the weakneſs of my Vertues. Hence it is, that I am not the ſame every where: And I that am bold in one place to ſtand up for thy glory, am a Coward in another. Where is thy mighty Arm, O Lord! Where are thy Bowels! Fill my languiſhing Soul with ſtrength from above, and with wiſdom from above, that I may encreaſe, and abound more and more in love. Perfect what thou haſt begun in me. Let Meekneſs, and Humility, and all the gra-

ces of the Holy Ghoſt become natural to me. O that they were incorporated with my temper! O that they were ſo riveted into my Soul, that I might not be able to act contrary to them! O that I might find as great a reluctancy, when I am tempted to neglect them, as formerly I found when thy Spirit commanded me to performe them! O how ſweet a frame do theſe Graces put the Soul into! O that I could ſay, that thus it is with me! Sweet Jeſu, be not tired with taking pains with this miſerable Soul! Thou haſt been prodigiouſly kind to me, O be not weary of being gra-

farther gracious & favourable! O let me find by blessed experience, that I grow in Grace, and that thy Commandments are no longer grievous to me, that every thing in thy service becomes more easie, and that, what formerly was a burden to me, is now pure pleasure and delight to my Soul. O my God, gild my Soul once more with thy radiant Beams, and establish my heart unblamable in Holiness at the coming of our Lord Jesus Christ. *Amen.*

A Prayer, relating to Exerciſe 15. *viz.* Every night before we go to bed to call our ſelves to an account for the Actions of the day.

O God, who ſearcheſt the Heart and the Reins! How deceitful is my Heart! How many are the ways that lead to deſtruction! How innumerable are the Wiles of the Devil! yet by thy light they

they may all be diſcovered, and their danger perceived, and their ill intent laid open. How ſmall an Atome doth the bright light of the Sun make viſible! Therefore that light which thou vouchſafeſt to an humble mind muſt be ſuppoſed far more effectual to manifeſt all the Stratagems of the powers of darkneſs. O my God, make me willing to ſee the deſigns of my Spiritual Enemies againſt me, that I may reſiſt them, oppoſe, and overcome them. My Heart is a Field where many Tares are mix'd with the wholeſome Wheat. If I ſearch not, how ſhall thoſe Tares be rooted up?

If I examine not, what can I expect, but that like the Field of the ſlothful, and like the Vineyard of the man void of Underſtanding, it will be all grown over with Thorns, and Nettles will cover the face thereof. Shall I ſay, a little ſleep, a little more ſlumber, till my Poverty come on like an armed man? O my God, let my greateſt care be, that thou and my Soul be friends. But how ſhall I know thou art my Friend, except I examine my Soul, and ſee what tokens of thy love I find there. O let me not be afraid to know my Thoughts, my Words, my Actions, my Inclinations. If I know

know they are evil, I may reform them: If I find they are good, I may rejoyce in them. O teach me the art of ſearching my heart. Let me not continue a ſtranger to my ſelf. Let it be a pleaſure to me to take notice how I thrive in Grace. Let me know my danger. O keep me from wandring in the dark. Let me ſee how I go aſtray, that I may get into the right way again. Convince me of the eaſineſs and pleaſantneſs of this task. O let me not think it a burthen to my Soul. I have dwelt too long in the Suburbs of Religion, O perſwade me to enter into the City which hath foundations.

dations. Let the reward that is before me be a ſtrong motive to me, to put on the whole Armour of God. O how ſweet will it be to me to ſee thy aſſiſtances, the incomes of thy Grace, the influences of thy Spirit, my progreſs in goodneſs, the abatement of my ſins, the decay of my corruptions, and my nearer approach to Heaven. If I examine my heart, all this will be made manifeſt to me; for thou wilt teach me the way of life, and in thy light I ſhall ſee light, through Jeſus Chriſt our Lord. *Amen.*

A Prayer, relating to Exerciſe extraordinary 1. *viz.* To enter into ſolemn Vows and Promiſes.

O Bleſſed Jeſu! to whom I have ſo often promiſed Faithfulneſs, and Allegiance, and Obedience! How juſtly mayeſt thou look upon me, betwixt pity and anger, as thou didſt upon *Peter* when he had moſt ſhamefully denied thee! And O that thy looks

looks might have the same effect upon me, that they had upon thy Apostle, and I might weep bitterly! For how light have I made of my most solemn Promises! How have I sought to impose upon thee, O my God! How have I evaded the obligations my resolutions have laid upon me, and sometimes downright broke those Promises! Ah treacherous creature that I am! how can I expect thou shouldest perform thy Promises made to me, when I am so careless of observing and performing of mine to thee! Thou art of infinite patience, therefore I am not yet destroyed.

Hence

Hence forward, when I promiſe thee, let thy Majeſty, Greatneſs, Juſtice, and Holineſs prevail with me to break with thee no more. O let me not think becauſe thou art ſilent, and doeſt not preſently puniſh my perfidiouſneſs, that thou art altogether ſuch a one as my ſelf. O inſtruct me, that I may entertain greater thoughts of thee! If I enter into a Vow at any time, aſſiſt me powerfully with thy Spirit, that I may act according to the word that is gone out of my Lips. As I make thee my Judge and Witneſs in my Vows, ſo let me remember that my Witneſs is om-

omniſcient, and my Judge hath Magazines of Vengeance at command. Let me undergo any inconvenience rather than be falſe to my Engagements. O keep me by thy Mighty Power, that my heart may be treacherous no more. O let me remember what Mercies I expect at thy hands, and let me not forfeit my Right to thy Favour. When I binde my Soul, let me think that nothing can untie it but thy ſelf. O preſerve in my mind a juſt ſenſe of my Duty, and of the neceſſity of pleaſing thee. Let me abhor every

thought

thought that would prompt me to violate this Sacred Bond. O let me look upon it as a most holy thing, and let me dread all prophanation of it. As I design, O Lord, by these Vows to bring up my Will to thy Will, so be thou entreated to second my designes, and to keep my Soul, that I yield not to Temptations of perfidiousness, but may Triumph over my Corruptions, and be more than a Conquerour thorough him that loved me, the Lord Jesus Christ, to whom with thee, and the Holy Spirit, be

be all Honour and Glory, World without end. *Amen.*

A Prayer relating to Exerciſe extraordinary 2. *viz.* To ſubdue the Body by Faſting.

O Holy and moſt Merciful Saviour, who haſt given us the beſt Religion, the wholeſomeſt Rules of living, the moſt equitable Precepts that were ever given to the children of men; while I admire thy Mercy, I cannot but bewail mine own Miſery. While I wonder at thy goodneſs and tenderneſs to my Soul,

I cannot but deplore my backwardneſs to the ſtricter Duties of Chriſtianity! How loth am I to curb this Body! How loth to bring my Fleſh in ſubjection! How apt am I to flatter my ſelf, that Heaven will come cheaper, than at the price of Mortification! O when will theſe vain Imaginations leave me! When ſhall I get the temper of thy deareſt Servants! How ſlaviſhly do I ſerve thee! How apt am I to make Bargains with thee, and to limit my obedience. I want that free, that Princely Spirit, that fervent love, which may think nothing too good for Heaven.

Lord

Lord, ſhew me the vanity of my over tenderneſs to this dying Body. I am ſenſible, that when I feed it high, it teaches my Soul to rebel againſt thee! O let me not be afraid of the Arguments it gives me to ſpare my ſelf. Theſe are but pretences, the deſigne is to preſerve its own eaſe and quiet in Sin, and Vanity. Let me ſee through all theſe Cobwebs, and perſwade me to keep under my Body, leſt I become a caſt away: Let my Faſts have thoſe good effects upon me, which they have had upon thy Saints of old. Let my Luſts dye, my Corruptions decay, my Vanities

nities become odious to me. Let Holiness become sweet, the Light of thy Countenance pleasant, and the Influences of thy Grace ravishing to my Soul. Let my abstinence from Food work in me abstinence from evil. Let it prove a means to make my Prayers fervent, my Devotion quick, my Mind clear, my Affections lively, that I may at last enjoy the Festivals of Angels, and eat and drink with my blessed Master at his Table, in his Kingdom; then shall I fast from sin for ever; then shall I fast from all Temptations. Then shall I hunger no more after the meat that perisheth: Then shall I thirst

thirſt no more after the muddy Streams of ſenſual Satisfactions. Then my hunger ſhall be refined into fruition, my thirſt exalted into Enjoyments, ſuch as *Abana*, and *Pharpar* cannot give, and the Rivers of *Damaſcus*, and of *Jordan* too fall ſhort of; then I ſhall need no Proviſion for this Body. Then my Fleſh will long no more after forbidden fruit, then I ſhall feed on thy love for ever; that will be my Meat and Drink, that will be better tome than all the Trees of a terreſtrial Paradiſe; that will nouriſh me more than Milk and Honey; that will give me a more cheerful Countenance than

than the bloud of the Grape; then I ſhall need to take care no more about what I ſhall eat, or what I ſhall drink, or wherewithal I ſhall be cloathed. Righteouſneſs will be my Garment then, and Holineſs, everlaſting Holineſs, my Robe of Glory. *Amen, Amen.*

A Prayer, relating to Exerciſe extraordinary 3. *viz.* To uſe Watching, or Abſtinence from Sleep.

O God, incomprehenſible and glorious, whoſe Providence watches over me day and night, O Shepherd of *Iſrael*, who neither ſlumbereſt nor ſleepeſt, and whoſe Eyes are always open for my good. What hard thoughts have I had of thy ſervice! How unwieldy have I been under thy

ſtricter Precepts! How afraid have I been to hurt my ſelf! What pains have I taken for the World, and how irkſome have thy Precepts been to my Soul! O let it ſuffice that I have ſo long followed mine own will, and for the future, let even thy ſevereſt Laws be my delight and comfort. Thou haſt given me thine onely Son to die for my ſins, and can I after this mercy, think much of denying my ſelf in mine eaſe for thy ſervice? O teach me to uſe moderation in all things, and even in my ſleep to expreſs my ſelf-denial! I know, O Lord, that without the aſſiſtance of thy Spirit, my Nature

ture is ſlothful, and my Temper backward to ſuch mortifications. To thee I come therefore, with humble Deſires, with fervent Affections, and with earneſt Entreaties, that thou wouldeſt conquer the Fleſh in me, and cruſh that Rebel by thy power. Since I can uſe ſelf-denial in ſleep upon a Temporal account, O let it not be ſaid of me, that upon a Spiritual account I could not watch. O let my actions ſhew, that thou art dearer to me than the World, and that I love thee better than Father or Mother, and my ſelf too. When all I have is thine, how ſhall I not part

with ſomething that's dear to me for thy ſake! O let me not loſe my life while I ſeek to ſave it, but be confident that if I loſe my life for thy ſake, I ſhall finde it. Thou art the Reſurrection and the Life, if I ſincerely believe in thee, though I were dead, yet ſhall I live. O let me live, that I may praiſe thy Name, and whether I live or whether I die, let me live and die in the Lord Jeſus. Give me a ſight of the Eternal watchfulneſs of Angels. They ſleep not. They are never oppreſſed with drowſineſs. They ſing Eternally, and ſlumber

ber not. That's the Company, that's the glorious Society I would fain be in. O happy day! O bleſſed time! when I ſhall watch in thy Houſe for ever! When I ſhall watch in the Quire, where nothing is known, nothing is loved, nothing is delighted in, but God bleſſed for evermore. O my God, as the Eyes of Servants look unto the Hand of their Maſter; and as the Eyes of a Maiden look unto the Hand of her Miſtreſs, ſo mine Eyes waite upon Thee, O Lord, until thou have mercy upon me, and bring me into

the Regions of eternal Brightneſs, thorough Jeſus Chriſt. *Amen.*

A Prayer relating to Exerciſe extraordinary 4. *viz.* To apply our ſelves to Self-Revenge.

O God to whom Vengeance belongs, ſhew thy ſelf. My ſins are mine Enemies, my Corruptions the Foes that perſecute me, O ſhew me thy Salvation. My ſenſual Deſires plead for tenderneſs, and becauſe they would not be diſpleaſed, they ſuggeſt Motives and Reaſons why I ſhould

ſpare my ſelf. They regard not what becomes of my Soul hereafter; and ſo they can but enjoy preſent reſt, they think not of the Torments that will follow. But my Soul ſees how the Scene will change, when God ſhall come to Judgment. O my God, I am in danger! let me ſpare no coſt, no pains to be free from it. Where gentler means will not free me from the Corruptions which do ſo eaſily beſet me, O let me not be afraid of uſing more violent remedies. O that I were but more concerned about the Life to come! O that I had more lively aprehenſions of it! O that I had that

that view of the Terrours of the Lord, that my Soul might be convinced of the neceſſity of taking the Kingdom of Heaven by violence! I am ſenſible of the hurt, my Luſts and Paſſions have done me: Fill my Soul, O God, with a holy rage againſt them, that I may drive them out by force, when ſofter Perſwaſions will do no good. Had not I better endure ſome inconvenience here, than be forced at laſt to make Tears my meat day and night to all Eternity! O perſwade me to loſe all rather than the Joys ſet before me! Shall I ſee thy Saints, who had the cleareſt apprehenſions of thy

Will, run, and ſweat, and toil for a future Bliſs, and ſhall I imagine, that lazineſs will procure that Kingdom? O Lord leave me not. Bid me riſe, and ſtrive to apprehend that for which I am alſo apprehended of Chriſt Jeſus. I fight under the Banner of the beſt of Princes, O let me ſo run that I may obtain, and hear the voice of the Bridegroom, *Enter into thy Maſters Joy.* This will recompence all. If I arrive to this, I ſhall be no loſer by thy Service. I have followed the World too long, and have got nothing but vanity and vexation of Spirit. It promiſed me much, but my

Soul

Soul is empty ſtill. If once I aſcend into that City, where all tears ſhall be wiped away, where I ſhall not need the light of the Sun, and Moon, and Stars, where God himſelf is the everlaſting Light: Whatever Troubles, whatever Miſeries I went through here, they will all be forgotten, they will all be ſwallowed up, they will all be loſt in that vaſt Ocean of Light and Glory. O make me weary of this Wilderneſs. I have wandred too long in this deſert. Heaven is my home. Let that engroſs my Deſires, my Hopes, my Expectations, my Joy, my Love, my Affections. I am a ſtran-

ſtranger upon Earth, let me live like a ſtranger here. Draw me, draw me, thou everlaſting Magnet, that I may cling to thee, and neither Death, nor Life, neither Proſperity, nor Adverſity, neither the Smiles, nor the Frowns of the World, may ſeparate me from that Love which is in Chriſt Jeſus our Lord. *Amen.*

Ad-

Additional Prayers
FOR
Every Day of the WEEK,
Suited to the Exercise of Meditating.
Exercise Ordinary. 3.

A Prayer for *Sunday-Morning*, relating to the Meditation on *Sunday*. Exercise 3.

O God! thou most sweet, thou most lovely Object! How little do those glorified

rified Saints that enjoy thee in the other world, regard our little pleasures and satisfactions here! O that my Soul were with those Spirits of men made perfect! I see nothing in this valley of Tears that's worth desiring or breathing after. The Beatitude to come, is that, I long for. What are the glories of this World, to that glory, which e'erlong shall be revealed in us! The magnificence of Triumphs, the pomp of Princes, the curiosity of Palaces, the beauty of the Sun, the brightness of the Moon, the glistering of the Stars, the variety of Flowers, the fragrancy of Herbs, what

are

are all theſe to the Joys & Glories at thy right hand for evermore! One day in thy Courts above, is ſweeter than a thouſand here. There I ſhall behold the perfection of thy Eſſence, the infinity of thy Nature, the immenſity of thy Grandeur, the eternity of thy Duration, the greatneſs of thy Majeſty, the ſtability of thy Throne, the vaſt extent of thy Wiſdom, the abyſs of thy Judgements, the ſweetneſs of thy Bounty, the tenderneſs of thy Mercy, the ſeverity of thy Juſtice, the latitude of thy Power, the charms of thy Beauty, and the luſtre of thy Glory! O what a raviſhing ſight

will

will this be! And ſhall I be afraid of encountring with Enemies, that would keep me from ſeeing theſe wonderful objects? Theſe Enemies are already conquered. The Lion of the Tribe of *Judah* hath already weakn'd their ſtrength and power, which makes my Victory more eaſie; Therefore I will not deſpair. O thou who haſt promiſed, that when the poor and needy want water, thou the God of *Iſrael* wilt hear them. Hear me from thy holy Heaven, and encourage my Soul to force her way through all difficulties. Give me lively apprehenſions of that ſtate. For want of thoſe

lively

lively apprehenſions, I work not, I move not, I preſs not forward, I act not like a perſon in good earneſt, my endeavours are dull, and my attempts feeble; O write that bliſs upon my mind, engrave it on my Soul; Let the beams of it warm my Spirit, that no labour for Heaven may ſeem hard, no Commandment grievous, no exerciſe troubleſome, no induſtry tedious, no pains too great, no journey too long, that I may not murmur, that I may not complain of difficulties, that I may not be weary, that I may not faint in my mind; It is not onely a glorious Garment, not onely a magnificent

gnificent House, not onely a ſtately Palace that's promiſed me, but Glory it ſelf, and Magnificence it ſelf, and Splendor it ſelf. What if I muſt curb my Paſſions, and break through my ſinful Inclinations? What if I muſt withdraw mine affections from the Creature, and mortifie my Body? What if I muſt ſubmit my will to thy will, and pardon the greateſt injuries! What if I muſt get habits of vertue, give Law to my Tongue, preſcribe limits to my Thoughts, put a reſtraint upon my fooliſh Deſires in order to this Glory? is not the promiſed Recompence encouragement enough?

O my God! thou art my Shield and exceeding great reward! and shall I be afraid to serve thee? Shall I tremble at the work thou settest me? will not thy Wages be infinitely beyond my Labour? How short will be my Task, and how long my Rest! How few will be the days I am to work in, and how durable my Repose! Shall I think Heaven too dear at the price thou hold'st it at! O undeceive me, pull down the vain conceits I have harboured; shine powerfully upon my Soul, that I may be insatiable in my desires after it, and long to see thee, who art Light it self,

and

and in thy Light may ſee light, through Jeſus Chriſt our Lord. *Amen.*

A Prayer for *Sunday*-Evening.

O Moſt happy, moſt bleſſed, and moſt glorious God! How can I reflect on the reſt of this day without ſummoning my thoughts to ſurvey the nobler Reſt, whereof this preſent is but an Emblem! I have gone this day with the multitude to the houſe of God, but what is this to the company, I ſhall ere long meet in Heaven, if I imitate them in their ſeveri-

ties

ties here! Happy Society! where is no Chaff among the Corn, no Tares among the Wheat, no Thistles among the Roses! Where all are Children of God, all are Kings, all are Saints, all are full of grace and glory, all are wise, all courteous, all affable, all adorn'd with celestial qualities! If I take such pleasure in the conversation of a wise, discreet, and prudent man here, what delight shall I take in the company of the wisest, holiest, and most accomplished Souls, that want nothing, that have all things, that abound in Knowledge, in Prudence, in Wisdom, and in Sanctity!

How

How do I admire men of great parts and abilities here! in what admiration then will my Soul be, when it ſhall converſe with perſons deckt with the light of Gods Glory! who know all things without reading, underſtand the greateſt Myſteries without ſtudying, comprehend the abſtruſeſt things without labour; who forget nothing, whoſe Memory never decays, whoſe Parts never faile, who know without errour, apprehend without doubting, underſtand with aſſurance, and perceive with the greateſt evidence imaginable; who can unfold all Riddles, reſolve all difficulties, anſwer

ſwer to all Queſtions, and think and ſpeak nothing but truth, whoſe Mindes know no darkneſs, whoſe Underſtandings are free from Clouds, whoſe Knowledge is eternal! How can they but be happy, when the place where they for ever live is ſo! How can they but know the deep things of God, when God is the Glaſs in which they behold all Myſteries! O my God, make me in love with that place, where I ſhall love thee perfectly, where my Soul ſhall be eternally united to thee, where it cannot but love thee, cannot but embrace thee, and cannot but be raviſhed with thee for-

forever. If they which running in a Race, ſtrive for the maſtery, are temperate in all things, ſhall not I be ſo? If they mortifie themſelves to gain a corruptible Crown, ſhall not I do ſo much to gain an incorruptible! What pains do ungodly ſinners take to get to Hell, and ſhall not I be at ſome coſt and charge to get to Heaven! O Lord, let it never be ſaid of me, that I valued thy Heaven leſs, than other men do the Devils Kingdom! Thou offereſt me the honour to reign with thee for ever, and in order thereunto requireſt nothing of me, but to reign over my ſelf on this ſide

Heaven! Thou bid'ſt me rule my Luſts, and ſhall I give them vent? Thou bid'ſt me curb my vain Deſires, and ſhall I cheriſh them in my Boſom? Thou bid'ſt me triumph over my Fleſh, and ſhall I ſet it on the Throne? Thou bid'ſt me ſubdue my worldly inclinations, and ſhall I give them entertainment?! How great are the Glories thou intendeſt me! and ſhall I deprive my ſelf of them out of love to Slavery and Bondage? O give me courage to command my ſelf! O let me not be afraid of diſpleaſing my ſelf! My deareſt Lord, teach me ſo to rule my outward

ward and inward man, that I may rule at last with my blessed Redeemer for ever, through Jesus Christ our Lord. *Amen.*

A Prayer for *Munday-Morning*, relating to the Meditation preſcribed Exerciſe 3. for *Munday*.

GReat, All-ſeeing, and Almighty Judge of the World, before whom all Mankind muſt e'erlong appear! Righteous art thou in all thy ways, and holy in all thy works. If the righteous ſhall ſcarcely be ſaved, where ſhall I a poor ſinner appear! I that have ſo long, ſo frequently neglected my

my Duty, delayed my Repentance, undervalued thy Mercies, deſpiſed thy Patience, and abuſed the riches of thy Grace and Favour! O Lord! how watchful ſhould I be over my ſelf, if the terrours of the Great day of account ſtood before me in lively Characters! O dreadful day! when I a poor wretch muſt ſtand before thy Tribunal, and ſee my ſelf ſurrounded with vaſt Legions of Angels, all expecting to hear what my Sentence will be! This day I talk of: This day I have frequently in my mouth, but O that my Soul were frighted more with the mention and conſideration of it! I

ſhould not then lead ſo eaſie & ſo ſoft a life; I ſhould then ſpend more time in Weeping and Praying. I ſhould then be afraid of defiling my Soul with the leaſt ſpot of ſin. Lord Jeſu! Great Saviour of the world! look upon me, and let me feel thy power in my Soul, even ſuch power to repreſent this day to my mind in all its terrours and circumſtances, that I may make haſte to enter into thy reſt. The Judge is at the door, let me bring preſents to him that ought to be feared; and ſince no gift is ſo pleaſing to thee, as a heart entirely devoted to thy

thy ſervice, O perſwade me, O help me, O aſſiſt me to mind the one thing neceſſary, and to chuſe the better part, which may never be taken away from me, for thy Name ſake, for thy Mercies ſake, for thy Merits ſake. *Amen.*

A Prayer for *Munday* in the Evening.

O Thou Omniſcient, Omnipotent, and Omnipreſent Being, who haſt appointed a day wherein thou wilt judge the Secrets of mens Hearts, and all their Words, and Actions, and Deſires, by thy Goſpel. I believe, this day will come, a day when pure hearts will be eſteemed more than eloquent Speeches, and a good Conſcience will go farther than Purſes of Gold. Thou

Thou Lord giveſt me frequent warnings of the approaches of this day! My Conſcience puts me in mind of it. The Sickneſſes and Calamities thou ſendeſt upon me, tell me of it: My heart miſgives me that I am not ſafe, that my Soul is in danger, and that my eternal intereſt is not yet ſecured. O my God, who art not tired with the Prayers of thy Servants, nor diſpleaſed with the importunities of thy Children. I earneſtly beg, it is the deſire of my Soul to be enliven'd and awaken'd into a ſenſe of this day, that to day while I hear thy Voice I may not harden my Heart. I have

delay'd my serious care of a future happiness too long, too long indeed! O that mine Eyes were Fountains of tears to weep for this neglect! I am sensible I must not trifle any longer. I must not defer a concern of that importance to another day. O my God, let me admire thy patience, that I have liv'd unto this hour, and accept of my Sacrifice, of the remainder of my days, which I humbly consecrate to Faith and Love in Christ Jesus. O let this future Judgement swim before mine eyes, when *I* speak, when *I* think, when *I* follow my lawful Calling, when *I* am in company, when *I* am alone, when

when *I* walk, when *I* ſit, when *I* ſtand, and let me ever fear that Judge who hath power to deſtroy both Soul and Body into Hell, that both my Soul and Body may be preſerved from damnation, through Jeſus Chriſt our Lord. *Amen.*

A Prayer for *Tuesday-Morning*, relating to the Meditation prescribed for *Tuesday*, Exercise 3.

O Lord! how wonderful are all thy Works, in wisdom hast thou made them all, the Earth is full of thy riches! What a Monument am I of thy Mercy! How kind hast thou been to this miserable Creature! How am I bound to magnifie thy goodness! How excellent, how great,

great, how vaſt, how large, how diffuſive is it? not confin'd to a day, not reſtrain'd to a place, not limited to an hour! From my Cradle unto this moment I have ſeen, and taſted how ſweet, and how gracious thou art. Thou haſt carried me on thy Wings, as the Eagle doth her young; thorough the various ſtages of my life, what Miracles of Providences have mine Eyes beheld! How hath thy Providence been at work for me, while I have been aſleep, while I have been thinking, and contriving ſomething elſe, even how to derogate from thy honour and glory! Truly Lord!

thy

thy Mercy and Patience ought to be my Song in the houſe of my Pilgrimage! This I have reaſon to boaſt of, to ſpeak of, to meditate of day and night; by that I ſubſiſt, by that I am ſupported, fed, maintain'd, and preſerv'd from the clutches of the Devil. O let thy Mercy melt my Heart! O let Mercy prevail with me to give up my Heart to thee. Let mercy and goodneſs force me to love thee! Give me that ingenuity, that generous temper, that noble Spirit, that thy goodneſs may do more with me, than Threatnings, and Hell, and everlaſting Torments. Let thy Love and Charity, and con-

conſtant Munificence, oblige me to run in the way of thy Commandments; Let theſe be greater motives with me to do thy Will, than all the terrours of the burning Lake. O let thy Love be of that force in my Soul, that I may not be able to reſiſt its motions, but by the ſtrength of that, may hope, believe, endure, deny my ſelf, love, and obey thee to the end of my days, through Jeſus Chriſt our Lord. *Amen.*

A Prayer for *Tuesday*-Evening.

GReat Governour and Diſpoſer of the world, who haſt promiſed to them that love thee, ſo to order all things, that they ſhall all conſpire to their good, I am ſenſible of the good thou haſt intended, and doſt intend me, by the various Diſpenſations, mine eyes have ſeen. The various Spiritual and Temporal Bleſſings that have been conferred upon me, what have they

they been, but motives to be enamou'rd with the best of Beings. Thou knowest, if I depart from thee, or love any thing better than thee, I run away from mine own happiness, and go to undo my self; therefore so many various Tokens and Expressions of thy Love are sent to me to unite my Heart to thee, to preserve me in thy Fear, and to uphold my goings in thy Paths. O wise, O gracious, O bountiful Master, kinder to me than I am, or have been to my self! Let me find the good thou designest for me in thy numberless Blessings, even the good of my Soul, let that grow stron-

ger

ger under thy Favours, warmer in thy Sunſhine, more fervent under theſe Beams, more flaming with love under theſe enforcives. The very afflictions, thou ſendeſt upon me are intended for my good. I have found it, I have ſeen it, I have known it by experience, I have learned Repentance, Humility, Submiſſion, fear of ſinning by Afflictions, which I ſhould never have learned by Proſperity; when I have thought, I had great wrong done me by the contempt, reproach, trouble, miſery others have thrown upon me, thou haſt let me ſee, that this was to make me reflect on

on the affronts, and indignities, I have put upon thee my beſt and greateſt friend. O let me never miſtruſt thy Providence. Whatever befals me, let me believe I ſhall ſee the goodneſs of the Lord in the land of the living, and let me not be diſappointed of my hope, through Jeſus Chriſt our Lord. *Amen.*

A Prayer for *Wedneſday-Morning*, relating to the Meditation preſcribed Exerciſe 3. for *Wedneſday*.

O Thou, in whoſe hand is the power of Life and Death, who art immortal, inviſible, Bleſſed for evermore! Before the Mountains were brought forth, or ever the Earth, and the World were made, thou art God, from Everlaſting to Everlaſting thou art he. I am a frail, dying crea-

creature; and though I carry an immortal Soul about me, yet the Vessel, in which that glorious guest abides, will soon grow leaky and decay, and that must turn to dust, and how soon, I know not; I admire thy wisdom in concealing the Day and Hour of my Death from me; I am sensible, it's done to hasten my Repentance, to keep me from adding sin unto sin, to restrain me from the Vanities of this world, to make me think of a better, and to secure that happy Life which shall be after Death! And O that my death might be ever before me! How great are the things that depend

depend upon it! Two great Eternities, whereof one of them, will certainly fall to my share. O let my death be my daily Meditation, that I may prevent my everlasting death! What a miserable creature should I be, if my Soul should leave this Body, to go into a more dismal Prison, from whence there is no returning! O make me wise, O let me understand what preparation is necessary for that hour; teach me to undervalue the World, and to mind the things which are above, that when I come to die, I may die with joy, and cheerfully resigne my Soul into the hands of my Crea-

Creator. Let Luſt, and Pride, and Envy, and Anger, die in me, before I die, that they may not endanger my Soul after death. Let me converſe with Death more, that I may die to ſin more, and live more to him that died for me. Let the thoughts of death mortifie in me whatever is offenſive to thy Holineſs. In all my actions let me remember my latter end, that my death may be my gain, and my departure out of the world an entrance into a better, through Jeſus Chriſt our Lord. *Amen.*

A Prayer for *Wednesday* Evening.

O My God, to whom belong the issues of Life and Death! naked came I from my mothers Womb, naked shall I return thither. What is my life but a Vapour, which appears for a while, and then vanishes away! O Lord! thou hast made this life transitory, dangerous, short, full of misery, subject to vanity, and as it were a span long! and all to make me desire to be dissolv'd and

and to be with Christ; yet how dreadful is death to me! How do I tremble at the thoughts of it! What should make me so deeply enamour'd with this Life? At the best it is a Warfare; within are Tumults, without are Fightings; I am in a continual state of War here with Covetousness, with Passion, with Pride, with Ambition, with carnal Lusts, with Allurements of the world, with suggestions of the Devil; when one sin is beaten away, another rises; when I think I have mortified one Corruption, another starts up; The Discontents and Vexations, the Troubles, and the

Disappointments I meet withal are innumerable; and can I delight to dwell in such a Valley of Tears, surrounded with so many Snares, encompassed with so many Dangers? Should not this make me desirous to be gone? O my God, make me willing to leave this world! Take away from me the fear of death. Why should I fear, when my Great Master hath overcome this King of Terrours? I will follow my Redeemer, I will conform to his Example, I will tread in his steps; this is my resolution, this the firm purpose

pose of my Soul! And why should I doubt of his assisting me! Why should not I be confident, that my death will be a passage from Mortality to Immortality, from Corruption to Incorruption, from Trouble and Misery, to Rest and Tranquillity? Death is the way to the Kingdom of Heaven. I cannot inherit it, except I die. Do I long for that Kingdom, and shall I be afraid of the way that leads to it! I must die! O sweet Jesu! let me die contentedly. Let Death be my choice. Let me embrace it before this

miserable life, that after death I may live with thee for ever. *Amen.*

A

A Prayer for *Thurſday-Morning*, relating to the Meditation preſcribed for *Thurſday*, Exerciſe 3.

O God, whoſe Judgements are unſearchable, and thy ways paſt finding out! Who art juſt as well merciful, and haſt ordained a Dungeon for Rebels, as well as a Paradiſe for the Innocent! Horrour is ready to overwhelm me when I reflect on the eternal miſeries of the

Damned! when I think on the unquenchable fire, and on the Worm that dies not, how ſhould I tremble at the ſins that lead men to thoſe torments! As eye hath not ſeen, and ear hath not heard, and the heart of man cannot conceive the joys of Heaven, ſo I muſt judge of theſe future miſeries too. O dreadful day, when God ſhall take vengeance of his Enemies! when not onely all the Pain and Anguiſh that mankind endures here, ſhall there be poured out on ſinners, but far greater too. How unable am I to endure here the aking of a Tooth, the torments of the Gout,

Gout, the misery of the Stone, the fire of a Fever, the raging of the Cholick, the exquisite pain of the Strangury! O then! what must those miseries be, which know no respit, no interval, no rest, no quiet, no ease, no abatement! Where Vengeance will come with a Deluge, and not onely the pain of a single Disease will be inflicted, but all pains together will meet in the miserable Sufferer! Where all things will combine to make him wretched, and all his former pleasures turn into Gall and Wormwood! And yet how regardless of these miseries does Mankind live! How

little are they frighted with this Fire! How little are they diſturbed with this approaching Woe! O my gracious Lord! ſuffer me not to fall aſleep with the fooliſh Virgins, while the day doth laſt; while I have time to work, while I am on this ſide Eternity, let me dread theſe terrours, and the cauſes of it. Whenever I am tempted to offend thee, O let theſe Torments check mine inordinate deſires! O let me conſider how ſhort the pleaſure is, and how long the bitterneſs it ends in! Surely thou wilt let the diſobedient know one day how odious ſin is in thy ſight,

ſight, and how dangerous it was to abuſe thy patience! O give my Soul no reſt till I firmly believe all this, and believing it, may eſcape the wrath to come, through Jeſus Chriſt our Lord. *Amen.*

A Prayer for *Thurſday*-Evening.

GReat God, whoſe excellency is over *Iſrael*, whoſe ſtrength is in the Clouds, who art terrible out of thy holy places, who haſt a mighty Voice, a Voice that will one day ſhake the world, and ſummon all Mankind to come out of their Graves, and to appear before thy Judgement ſeat! What confuſion will the wicked and careleſs world be in, when thou ſhalt with in-

indig-

dignation ſend them away into the fire, prepared for the Devil and his Angels! where they muſt be for ever deprived of thy Favour, and want thy gracious Influences; where their fancy will be eternally affrighted with hideous and monſtrous ſhapes, where their Paſſions will be in a perpetual uproar, where the remembrance of their former Mercies will continually ſting them, where their Reaſon will be their Tormentor, their Conſcience their Executioner, and yet unable to make an end of them, where their Souls will be everlaſtingly torn with grief and diſcontent, where God will

will be the object of their Hatred, and their minds will not be able to entertain one kind thought of their Judge; where their Souls will be like the troubled Sea when it cannot rest, and eternal darkness and gloominess make their estate most uncomfortable; where no creature pities them, and no man, no Angel, no Devil affords them any consolation! O God! can I love my self and not endeavour to prevent this miserable condition? O call to me, bid me think of it, convince me of it. Cure my blindness. Let Hell be the greatest object of my fear.

Let

Let me not fear Poverty, Contempt, Sickneſs, Exile, or the unkindneſs of men, ſo much, as this horrible Tempeſt. O let me not grow careleſs of it, becauſe I ſee it not, and I have not as yet felt it. Let me therefore dread it, that I may never feel it. Let not the world drown my thoughts of it. Let not my Luſts put it out of my mind. Let not the Devil perſwade me that I am in no danger. I am in danger, O let me ſee it, and run away. Lord! here cut, burn, torture, and afflict me, ſo thou wilt but make me happy for ever. O let the King of Hea-

Heaven hear me when I call, through Jesus Christ our Lord. *Amen.*

A Prayer for *Friday-Morning*, relating to the Meditation preſcribed for *Friday*, Exerciſe 3.

GReat Saviour of the world, who waſt wounded for my Tranſgreſſions, and bruiſed for my ſins! Thou art that innocent, and immaculate Lamb, which for ſinners, Enemies, and condemned creatures, gaveſt thy back to the Smiter, and ſufferedſt thy ſelf to be beaten, crown'd with Thorns,

Thorns, mocked, derided, and inhumanely abuſed! A love fitter to be admired in ſilence, than praiſed with imperfect expreſſions! How freely didſt thou part with thy bloud to ſave my life, and to procure my ſafety! Never was Bloud ſpilt upon ſuch an account; or if there were, never was ſuch precious Bloud ſpilt as thine was, bloud which drives away Devils, invites Angels, cleanſes Souls, purifies the Tabernacle, waſhes the whole world, and opens the Gate of Heaven! Who can be ſo irreligious as not to be pricked at the heart with the thoughts of thy Paſſion? Who can be ſo ar-

arrogant, or proud, as not to be humbled with the ſight? who ſo cholerick, as not to be melted into meekneſs with the contemplation? Who ſo luxurious, as not to be tempted to ſelf-denial with this ſpectacle! O let thy Croſs have that effect upon me, that I may crucifie my Fleſh with all its Luſts and Paſſions. Let thy Charity to thine Enemies prevail with me, to do good to them that hate me! Let thy Patience under Reproaches oblige me to be ſilent under Calumnies. Let thy love to my Soul wound my Heart, that I may long for thee, breathe after thee, as my greateſt

teſt comfort, think of nothing ſo much as of thee, value nothing ſo much as thee, delight in nothing ſo much as in thee, for thou haſt done for me beyond expectation, beyond imagination, more than Father and Mother ever did, more than my deareſt Friends ever did, more than mortal man can do. O chain my heart to thine, and let nothing ſeparate me from thy love, but be thou mine, and let me be thine, and dwell with thee for ever. *Amen.*

A

A Prayer for *Friday*-Evening.

O Jeſu! who haſt led Captivity Captive, ſpoiled Principalities and Powers, made a ſhew of them openly, and triumph'd over them! How powerful was thy Death! How victorious thy Croſs! How potent were thy Agonies! How effectual thy Sufferings! Thy Croſs is my Conqueſt. Thy Gibbet is my Triumph. At that Devils tremble, and they that are not

not afraid of ſplendid Palaces, are afraid of the Tree on which thy ſacred Body was ſtretched out. How ſhall Sin reign any longer in my body, after ſuch Compaſſion! Shall not I bluſh after ſuch Mercy to offend that Friend, who died for me? Shall I reward evil for good, or dare to act againſt thee any more, who haſt conquered my greateſt Enemies for me! They would have ſwallow'd me up quick, when they were ſo wrathfully diſpleaſed at me, but thou cameſt to my reſcue, and wouldeſt not let me periſh by their fury. I can plead no more that Sin and the Devil, and the World

World are not conquerable, for thou hast made them so. They have lost their force and power, and a poor Christian can make even Devils tremble. O let the world be for ever crucified to me, and me unto the world. Let me not be afraid of Affliction, when my Lord and Master hath endured so much for me. I hope to share in the glories of thy Crown, O let me not be ashamed to bear thy Cross. O blessed Jesu! who art a Guide to the Blind, a Way to the erring Soul, a Staff to the Lame, a Comforter to the Poor, a Harbour to the tossed with Tempests, a Counsellour to the Per-

Perplexed, Wisdom to the Foolish, the glory of Martyrs, the joy of Angels, the Foundation of the Church, the Physician of the Sick, Meat to the Hungry, Drink to the Thirsty, Clothes to the Naked, be thou all this to me, and let thy Cross supply all my wants, and in this let me glory and rejoyce day and night, that being in some measure crucified with thee here, I may be glorified with thee hereafter. *Amen.*

A Prayer for *Saturday*-Morning, ſuited to the Meditation preſcribed Exerciſe 3. for *Saturday*.

O God, who art Purity and Holineſs it ſelf! How deſpicable, how odious, how contemptible have I made my ſelf in thy ſight by departing from thy holy Commandments delivered unto me! How like an Adverſary! how like an Enemy of the Croſs have I lived!

ved! How may I ſtand amazed at thy patience, that I am yet on this ſide Hell! What ingratitude have I been guilty of, to thee the beſt of Maſters, and the kindeſt Father, who haſt been tender of me to a Miracle! How can I reflect upon my unthankfulneſs without bluſhing! O that I might not be able to remember any of my ſins without horrour! How have I undervalued thy wiſdom by thinking my ſelf wiſer than my God, and by approving that, which thy wiſdom hath condemned, as folly and bruitiſhneſs! What fruit had I then in thoſe things whereof I am now

now aſhamed. What warnings haſt thou given me, not to venture on thoſe dangerous baits, and yet I have ſet light by them! I have been loath to believe thoſe, who poiſon'd by this Viper, have cried out, that they have been cheated and murthered! I would not believe, till I found death in the pot, and by woful experience ſaw, that all the fair promiſes of ſin, are meer Deluſions. Lord diſcover to me my ſecret errours, and the ſins I have been loth to know, convince me of their odiouſneſs and fearful conſequence! Teach me to remove my foot far from

them, and let me not come near the door of their houſe. Inſtead of excuſing of them, give me grace to confeſs, and fight againſt them. Let not the preſent ſatisfactions tempt me to run into that fire, and anguiſh, they end in. Though the World lies in wickedneſs, yet let the familiarity and common practices of men be no temptation to me. Let me ever look up to that Great, and Glorious God, who interdicts it, and count my ſelf happier in thy favour, than in all the Solaces and Flatteries of evil men. Anoint me with the oyl of gladneſs,

neſs, and let me rejoyce in nothing ſo much as in doing thy will, through Jeſus Chriſt our Lord. *Amen.*

A Prayer for *Saturday*-Evening.

O Thou, at whoſe preſence Devils tremble, and Sinners are afraid! How blind hath ſin made me! How hath it darkned my Underſtanding, and clouded all my Faculties! How hath it deprived me of ſpiritual ſtrength, and thruſt me into the very Jaws of the roaring Lion! What power have I given to my ſpiritual Enemies by offending thee, and how have

I armed thoſe Foes againſt mine own Soul! How like an Atheiſt have I lived, while I have been careleſs of thy Omniſcience and Omnipreſence! How baſely have I preferred mine own will, and the favour of men, before thy Precepts, and the light of thy Countenance! O the many idle, fooliſh, ſilly, laſcivious, ridiculous, cenſorious Words, Speeches, Diſcourſes, and Anſwers, that I have been guilty of! How little regard have I had to thy Day, thy Name, thy Word, thy Ordinances, to the duty of Prayer, and to the Miniſtry! How inattentive in hearing thy Word,

how cold in Prayers, how negligent in the duties of my reſpective Relations have I been! What pettiſhneſs, peeviſhneſs, impatience, touchineſs! What envy, hatred, paſſion, ſecret grudges have I harboured in my Boſom! What impure, covetous, unclean, diſorderly thoughts and deſires have I ſuffered to lodge in my Breaſt! What a ſtranger have I been to that veracity, meekneſs, patience, humility, charity, tenderneſs, compaſſion, ſteddineſs in holineſs, and readineſs to every good word, and work, which thou haſt peremptorily commanded! How have I rendred railing for railing, miſtruſted

ſtruſted thy Providence, allowed my ſelf in diſcontentedneſs, and been a Coward in thy ſervice! O my God! I renounce all theſe ſwarms of ſin, and beg thy Illumination, Aſſiſtance, Power, Grace, and Influence againſt them! Come Lord! Come into this Soul of mine, and erect thy Throne in my Breaſt! Whenever I am tempted for the future, let me ſay, I am a Chriſtian, I am not mine own, I am bought with a price, and I cannot yield! O make me ſtand in awe of mine own Conſcience, and give me Rivers of Tears to deplore what is paſt! O my God! I deſire to walk in the light, e-

ven as thou art in the light, that I may have fellowſhip with thy Saints, and the bloud of Jeſus Chriſt may waſh me from all ſins. O quicken me, O ſtrengthen me, O leave me not; in thee do I truſt, let me never be confounded for Chriſts ſake, to whom with thee, and the eternal Spirit, be all Honour and Glory for ever. *Amen.*

Ad-

ADVERTISEMENT.

1. THough the *Lords Prayer* be not mentioned in the foregoing Supplications, yet a Chriſtian that makes uſe of theſe Devotions, may, and ought conſcienciouſly to add it.

2. As beſides our own ſpiritual Wants, we are to recommend to God the neceſſities of others, ſo the following *Ejaculations*, may be added to the foregoing Prayers.

For the whole Race of Mankind.

ARise O Lord, let thy Light shine, and let thy Glory rise upon *Heathens*, *Jews*, *Mahometans*, and others, who have not known thee, and upon all the Families that do not call upon thy Name. Remove the darkness that covers the Earth, and the gross darkness under which whole Nations lie. Let all men see the light of thy Gospel, and flow

to

to it, that their hearts may fear, and be enlarged, and glorifie the House of thy Glory.

For

For the Univerſal Church of Chriſt.

HAve mercy, Lord, on thy Church diſperſed all the world over. Let violence be heard in her no more, nor waſting and deſtruction within her borders. Let her Walls be called Salvation, and her Gates Praiſe. Let her Prieſts be cloathed with righteouſneſs, and let her Saints rejoyce and ſing. Let her righteouſneſs go forth as brightneſs, and the Salvation thereof as a Lamp that burns. For

For the King.

GIve the King thy Judgements, O God, and let him judge thy People with Righteouſneſs. Be thou his Goodneſs, his Fortreſs, his high Tower, and his Deliverer, his Shield, in whom he may truſt, and ſubdue his people under him; ſend thy hand from above, and rid him, deliver him out of great Waters, from the hand of ſtrange Children, whoſe mouth ſpeaketh Vanity, and their right hand is a right hand of Falſehood.

hood. Let him rule in the fear of God, and let his glory be as the light of the Morning, when the Sun rises, even as a Morning without Clouds.

For

For the Royal Family.

LEt their glory, O Lord, be great in thy Salvation, Honour and Majeſty do thou lay upon them. Be thou entreated to make them bleſſed for ever, and exceeding glad with thy countenance. Let their goodneſs be anſwerable to their greatneſs, and make them ſhining and burning lights, that others may ſee their good works, and praiſe their Father which is in Heaven.

For

For the Bishops and Clergy.

ENable thy Ministers, O Lord, to hold Faith and a good Conscience; Make them great examples of the Believers in Word, in Conversation, in Charity, in Spirit, in Purity. Let them meditate upon these things, give themselves wholly to them, that their profiting may appear to all. Let them take heed unto themselves, and unto their Doctrine, and continue in it, that they may both save themselves and them that hear them. For

For the People of the Land.

O Lord, make the people willing in the day of thy power, willing to fear God, to honour the King, and to love one another with a pure heart fervently. O that there were ſuch a heart in them, that they might love thee, and fear thee, and keep all thy Commandments always, that it might be well with them, and with their Children for ever. Pardon their crying ſins, and perſwade them

to

to do juſtly, to ſhew mercy, and to walk humbly with their God.

For

For perſons diſtreſſed in Body or Mind.

O Lord, bind up the broken-hearted, proclaim Liberty to the Captives, and the opening of the Priſon to them that are bound: Proclaim the acceptable year of the Lord to the miſerable, and the day of peace to comfort all that mourn. Give unto them Beauty for Aſhes, the Oyl of Joy for Mourning, the Garment of Praiſe for the Spirit of Heavineſs. For their Shame

Shame let them have double, and for Confusion, let them rejoyce in their Portion, and let everlasting Joy be upon their heads.

For

For Relations.

LOrd, be thou a Father, a Husband, a Friend, a Maſter, a Ruler, and a Protector to them all. Make them thy Friends, thy Children, thy Favourites, love them freely, receive them graciouſly, let their Souls be bound up in the bundle of life with thee, keep them as the Apple of thine eye, and when thou makeſt up thy Jewels, remember them, and ſpare them as a man would ſpare his own Son that ſerves him.

For

For Benefactors.

LOrd, do good to them that have done good to me. Bleſs them with a true Repentance, with pardon of all their ſins, with a mighty ſenſe of God, with a holy fruitfulneſs in all good works, with a meek and humble Spirit, with peace of Conſcience, with joy in the Holy Ghoſt, with eminency of Vertue, and for the kindneſſes they have ſhewn to me,

Here the Benefactors Names may be mentioned.

me, *and mine*, reward them ſevenfold with mercy into their Boſoms.

For

For Enemies.

LOrd bleſs them that curſe me, do good to them that hate me, be merciful to them that either have wrong'd me, or would deſpitefully uſe me, and transform them by the renewing of their mind, that they may prove what is the holy and acceptable and perfect will of God.

ADVERTISEMENT. 3.

I Thought to have made an end here, but for ſome reaſons was prevailed withal to add theſe following Prayers. - For

For a Sick perſon.

O Thou, who deliverеſt the Poor when he cries, the Needy alſo, and him that hath no helper, look upon this thy weak Servant, from the habitation of thy Holineſs, and be a Phyſician to his outward and inward man. At once heal his Soul and Body. Speak the word, and thy Servant ſhall be whole. Bleſs him with a ſound Repentance, and make this affliction an effectual means to produce in him the peaceable fruits of Righ-

teouſneſs, of Faith, and Love, and Charity. Hear his Prayers, regard his Groans, give him eaſe under his burthen, reſtore his Soul, and make him thankful for thy Mercy, thorough Jeſus Chriſt our Lord. *Amen.*

A

A ſhort Thankſgiving after Recovery.

I Thank thee O Father, Lord of Heaven and Earth, becauſe thou haſt been pleaſed to ſpare this thy unworthy Servant. Fill me with a mighty ſenſe of thy Goodneſs. O let this Mercy never never be forgotten. Let me ſee thy hand in this providence, and admire the great Giver of this Bleſſing. Be thou hereafter in all my thoughts. Encreaſe my deſires after thee, my fear of

offending thee, my care to please thee, my love to thy ways, my zeal to thy Glory, and fit me for thy everlasting Kingdom, through Jesus Christ our Lord. *Amen.*

A Prayer for a Woman with Child.

O Thou, who ſetteſt the Poor on high from affliction, and makeſt him Families like a Flock. Take pity of me, O thou that heareſt Prayers, be with with me in the hour of trouble, when Fear and Anguiſh come upon me. Forget my ſins, and ſtrengthen me with thy Grace. Bleſs the Fruit of my Body, and ſanctifie it early. As the Mountains are round about

Jerusalem, so let the Lord be round about me from henceforth, even for ever, and though I sow in Tears, yet let me reap in Joy. Be thou my Fortress and Deliverer, and in the great danger watch over me for good and not for evil, and enable me to tell my Friends what the Lord hath done for my Soul through Jesus Christ our Lord. *Amen.*

A Thankſgiving after ſafe deliverance.

O God! How am I bound to praiſe thy great and glorious Name, who haſt not forſaken me when my Soul was in trouble. Out of the depth have I cried unto thee, and thou haſt heard my voice, and my ſupplication. For this ſhall every one that is godly pray unto thee in a time, when thou mayſt be found. O Lord my God, I cried unto thee, and thou haſt healed me. Thou haſt brought up my Soul

from the Grave, thou haſt kept me alive, that I ſhould not go down to the Pit. Thou haſt turned for me my mourning into dancing, thou haſt put off my Sack-cloth, and girded me with gladneſs, to the end that my glory may ſing praiſes to thee and not be ſilent. O Lord my God, I will give thanks unto thee, and delight my ſelf in the Lord for ever, thorough Jeſus Chriſt our Lord. *Amen.*

A Prayer for one that intends a Single Life.

O Moſt gracious God, who giveſt power to the weak, and ſtrength to the feeble, thou knoweſt my purpoſes, and ſeeſt my deſires, and art acquainted with my deſign of being married to none but thee. O bleſſed Bridegroom of my Soul, give me chaſt deſires, power to reſiſt Temptations, ſtrength to ſubdue the motions of the Fleſh. Dwell

in me by thy Spirit. Teach me to love thee passionately. Let no other object engross my Affections. Give me a spiritual Appetite. Keep me unspotted in this sinful world. Be thou my All, my Riches, my Pleasure, my Delight, my Crown, my Glory, through Jesus Christ our Lord. *Amen.*

A Prayer for one that is entring into a Married ſtate.

O God, who haſt made Marriage an honourable thing, and promiſed to bleſs thoſe that marry in the Lord! In thy name I am entring into another ſtate of life. Be merciful unto me, O Lord, rejoyce the Soul of thy Servant, for unto thee O Lord do I lift up my Soul. Direct me in all my actions. Counſel me in what I am to do. Encline my heart to fear thy Name.

Name. Enrich her, that is to be my Yoak-fellow with the choiceſt of thy favours. Give us both hearts to rely and depend upon thee. Let's look up to thee, in all our concerns. Make our mutual love ſincere, and conſtant, and let's encourage one another to godlineſs. Make us helpful one to another, and in our lawful endeavours, and enterprizes let's ſee thy bountiful hand. Make us both pleas'd with what thou ſhalt think fit to ſend upon us, and contented in all conditions, and with united force let's preſs toward the mark of eternal glory, through Jeſus Chriſt our Lord. *Amen.*

A Prayer before a Journey.

O Thou who waſt a Pillar of Cloud to thy People of old in the day, and a Pillar of Fire by night, watch over me in this Journey day and night. Be thou my Guide, my Star, my Light, my Director, and bring me ſafe to the place I intend for. Preſerve me from all evil. Protect me from all dangers, let thine Angel be my Guardian, and under the ſhadow

shadow of thy Wings let my refuge be, that I may observe thy Statutes, and keep thy Laws, through Jesus Christ our Lord. *Amen.*

A Thanksgiving after a safe return.

BLessed God, whose works are honourable, and glorious, and who hast made thy wonderful works to be remembred, give me leave to admire, and to praise thy Providence, which hath covered me with its Feathers, and been my Shield and Buckler, which hath kept me from the terrour by night, and from the destruction that wasteth at noon day. I cheerfully offer

offer here unto thee the Sacrifice of righteousness, and as I see the loving kindness of the Lord, so enable me for the future to live in a thankful remembrance of thy goodness, and let this and all thy other gracious Providences prevail with me to walk before thee with a perfect and upright heart, through Jesus Christ our Lord. *Amen.*

A Prayer for one, that is going to Sea.

O Thou, who ſtilleſt the raging of the Sea, ſo that the Waves thereof are ſtill. Thy Way is in the Sea, and thy Path in the great Waters, and thy Footſteps are not known. O God! I am like to ſee thy Works and Wonders in the deep. Be with me I beſeech thee in my going out, and in my coming in. Spread thy wings over me, and let me find by bleſſed experience, that they who truſt in thee

thee ſhall never be confounded. Proſper my Voyage, and give ſucceſs to my endeavours. Let not the Deep ſwallow me up, neither let the Flouds drown me. Shine upon me day and night, and with thy love cheriſh my fainting Spirits. Let no evil examples have dominion over me. Let thy fear be upon my Soul, at all times, and let nothing tempt me to depart from my integrity. Let my Soul learn by thy Providences to keep cloſe to thy Word, and let that be my Comfort in all my Afflictions, through Jeſus Chriſt our Lord. *Amen.*

A Thankſgiving when one is returned ſafely.

O God, thou art the God, that doeſt Wonders, thou haſt declared thy ſtrength among the People, Thou haſt with thine arm redeem'd thy People, the Sons of *Jacob* and *Joſeph*. I will praiſe thee, for thy goodneſs, and for thy wonderful Works to the Children of men. I will exalt thee in the Congregation of the People, and praiſe thee in the Aſſembly of the Elders.

I cried unto the Lord in my trouble, and thou broughteſt me out of my diſtreſſes. Thou hath delivered me from the great Waters, and my Life hath been precious in thy ſight. Recreate my Soul with the thoughts of thy mercy, and while I am ſailing through the boiſterous Sea of this World, let thy Word be a Lanthorn to my Feet, and a Light to my Paths, through Jeſus Chriſt our Lord. *Amen.*

A ſhort Prayer before Divine Service or Sermon.

O God, I am come into the houſe, where thy Honour dwelleth. Overaw me with a ſenſe of thy Preſence, that I may pray with underſtanding, and like a perſon concern'd about the bleſſings, I ſhall pray for. Fix my Thoughts and Affections on thy ſweet ſelf, and teach me to make interceſſions with groans, which cannot be uttered. Let thy Word be

ſweet

sweet to me, and give me a tractable Spirit, that may cheerfully, and willingly submit to the Yoak of the Lord Jesus. Assist me in all my Duties and Devotions, and let thy good Spirit direct and order them to thy Glory. Make my Soul a gainer by these spiritual Exercises, and let all the Congregation feel the power of thy influences, that with one heart, and one voice, we may glorifie God in the day of Visitation, through Jesus Christ our Lord. *Amen.*

A Prayer after Divine Service and Sermon.

O Thou, who liveſt for ever and ever, I have pray'd, I have heard thy Word, I have joyn'd with thy People in their Supplications and Prayers. If thou Lord ſhouldeſt mark Iniquities, who ſhall ſtand? Pardon, I beſeech thee, the iniquities of my holy things, and what imperfections thou haſt ſeen in my Devotions, cover them with the unſpotted righteouſneſs of *Chriſt Jeſus*, and cleanſe

cleanſe them with his Bloud. Caſt me not away from thy preſence, neither take thy holy Spirit from me. Accept of my imperfect Services, and make me more circumſpect in all my ways. Let thy Word be written in my heart, and let neither the cares, nor riches, nor pleaſures of the world ſteal it away. O give me thy Grace to walk according to this rule, through Jeſus Chriſt our Lord. *Amen.*

A Morning-Prayer for a Family.

O God, great and glorious! the Day is thine, and the Night is thine, thou haſt made Summer and Winter, thou haſt made the outgoings of the Morning and Evening to rejoyce. How great is thy loving kindneſs! therefore the Children of men ſhall put their truſt under the ſhadow of thy Wings. We praiſe thee O God, we acknowledge thee to be the Lord. Thou

art the great preſerver of men. Thou haſt protected us the night paſt, and through thy mercy we have eſcaped innumerable dangers; thou haſt been our refuge, our hiding place, our fortreſs, and our deliverer. One Generation ſhall praiſe thy Works unto another, and declare thy mighty acts. We ſee thy goodneſs again in the land of the living. Thou haſt ſpread thy Wings over us, thou haſt covered us with thy Feathers. Thou knoweſt our frame, and remembreſt we are duſt. Thou knoweſt how unable we are to keep our ſelves, and therefore haſt taken care of us, and

unto

unto this moment thy favours and loving kindnesses rest upon our Souls and Bodies. O that men would praise the Lord for his goodness, and declare his wonderful works to the Children of men! We cannot but remember, how like a Father thou hast pitied us all our days. We have always found thy help in the time of trouble. How precious are thy thoughts, which are to us ward; they cannot be reckon'd up in order unto thee. If we would declare and speak of them, they are more than can be numbred. What Sacrifices of thanksgiving are we bound to offer unto thee for thy love to our Souls

in *Chriſt Jeſus*, for the aſſiſtances of thy Holy Spirit, for thy Word, and Ordinances, and for all the encouragements we have to lay hold on eternal life! O make us ſenſible of thy goodneſs! Let us ſee how ſweet, and how gracious thou art, and let this ſight work in us a perfect hatred of ſin, and a fervent love to the ways of holineſs. Diſcover to us the errours of our ways. Reveal to us our ſecret corruptions. Let not only greater, but even all leſſer ſins become odious and loathſom to our Souls. Eſtabliſh us with thy grace, uphold us with thy free Spirit. Leave us not to our ſelves, rule us by

thy

thy power, direct us by thy wiſdom. Enable us to do thy will. Encourage us to cleanſe our ſelves from all filthineſs both of fleſh and ſpirit, and whatever things are praiſe-worthy, let's not onely think of them, but practiſe them. Give us earneſt deſires to imitate the beſt of mankind. Let's delight greatly in thy Commandments. Lord! open the eyes of our Underſtandings, that we may look more earneſtly upon the ſpiritual riches thou haſt vouchſafed unto us, and may be enamour'd with them, and deſpiſe the vanities of the world, and ſet our affections upon the things which are above, and may at

last obtain the end of our Faith, even the salvation of our Souls. Be with us this following day. Make us watchful over our senses. Work in us a detestation of all filthy discourses, and of all the ill we see in the world. Teach us how to live in thy fear, and whatever sin we are tempted to, let's tremble at it, and say, how can we commit this wickedness, and sin against our God! Let thy holy Angels keep us in all our ways. Order our steps according to thy Word. Direct and guide our thoughts, and words, and actions. Bless all our lawful endeavours. Cross and disappoint us, in that which is offensive to

thy holiness. Prosper that which is expedient for us. Give us courage, and wisdom, discretion, and resolution in our behaviour toward God and men, and let's use the world, as if we used it not. Keep our thoughts fixed upon a better life, that whenever thou shalt call us away from hence, we may be ready and willing to obey thy Summons, through Jesus Christ our Lord. *Amen.*

Here the Prayers for the King, Royal Family, Church, &c. may be added.

An Evening Prayer for a Family.

MOſt holy, and ever-glorious God! how excellent is thy Name in all the World! Thou art to be ſeen in all thy works, and we have ſeen thee, the day paſt, in thy various Mercies and gracious Providences, for which we do here render our moſt humble and hearty thanks. O God! who is like unto thee? For though thou dwelleſt on high, yet thou humbleſt thy ſelf to behold the ways of the Children

dren of men! What are we, that thou ſhouldeſt take notice of us! or what is our frame, that thou ſhouldeſt have ſuch reſpect unto us! We ſee thy condeſcention, and admire it. We ſee thy loving kindneſſes, and praiſe thy Name. Thy Mercy reacheth unto the Heavens, thy Faithfulneſs unto the Clouds. Thou giveſt unto us all that our Hearts, and Faith, and Reaſon can deſire! What a glorious gift is the Son of thy boſom! what rich Preſents are thy Promiſes! how induſtrious is thy Providence, to engage our hearts to love thee! yet how backward are we to this duty! How loath to raiſe

our Souls above the world! How unwilling to take thee for our greatest treasure! We say, and speak glorious things of thee now and then, but we feel them not. O touch our hearts, and warm them with the fire of the Sanctuary, and let's know no other thing, than to love thee with all our hearts, and with all our Souls. Be thou the pleasing object of our Souls, and let's be displeased with nothing but what displeases thee. Teach us to neglect our own will, that we may the better comply with thine, and let's walk by this golden Rule, to speak little, to think little, and to do much. Thou hast done

great

great things for us, denied thy ſelf in thy glory, majeſty, and ſplendor to do us good, let's therefore ſcruple nothing that thou commandeſt; and give us ſtrength to do what thou commandeſt, and then command what thou pleaſeſt. Enable us to act, and ſpeak, and live, as in thy preſence, where-ever we are, and whatever we are doing, and let's ſo live in the world as not to be of the world. Let no condition thou ſhalt call us out unto, be uneaſie or unpleaſant to us, and whenever thou ſhalt think fit to correct us, let's look upon the providence, as intended for our good. Whenever we are exerciſed

by

by Temptations, let's not grow impatient, but reſt in an humble and cheerful reſignation to thy Will. Fit us for the hour of our death, and let's not delay our ſerioufneſs to a ſick bed. Let's readily obey thy preſent call, and take heed of procraſtinations. Let the great things that depend upon our death, be much in our thoughts, and let's not put the evil day far from us. Encourage us ſo to ſojourn here, that at our journeys end, we may be received into everlaſting habitations. Take us all into thy protection this following night. O thou great Shepherd of *Iſrael*, who neither ſlumbereſt

nor

nor ſleepeſt, ſpread thy wings over us, and we ſhall be ſafe. Fit us for the duties of the following day. Teach us to commune with our hearts upon our beds, and to meditate of thy wondrous works. Let our reſt be comfortable to the refreſhing of our bodies, and that we may be the better able to diſcharge our duties the following day. Let our everlaſting reſt be never out of our minds, and from the ſweetneſs of our reſt on our Beds, let's take occaſion to conſider, how much ſweeter our eternal reſt will be in thy boſom. Baniſh from our minds all fooliſh and vain imaginations, and let's ever think our

ſelves

selves most happy when we do most converse with thee, who art most blessed for ever. Visit us with the favour thou beareſt unto thine own people; and give us all such resolutions to serve thee, that we may never be faint or weary in thy service, through Jesus Christ our Lord. *Amen.*

A Grace before meat.

O Lord, thy bountiful hand hath provided these thy good Creatures for me[us]. Let me use them with Moderation, Temperance, and Sobriety, to the glory of thy Name, through Jesus Christ our Lord. *Amen.*

Or:

LOrd, let me see thee the great Creator in these thy Creatures, and as thou dost intend them for my nourish-

ment,

ment, ſo let my Soul be encouraged by theſe Mercies to abound more and more in Goodneſs and Vertue, through Jeſus Chriſt our Lord. *Amen.*

A

A Grace after meat.

O Lord, who art the great Preſerver of men, and who haſt fed me at this time with thy Bleſſings, receive my humble Praiſes for theſe thy Mercies, and engage me to walk before thee in Righteouſneſs and true Holineſs, through Jeſus Chriſt our Lord. *Amen.*

Or:

HOw excellent O Lord, is thy loving Kindneſs, I have ſeen and taſted again how ſweet

ſweet and gracious the Lord is. Make my will perfectly conformable to thy Will, and let theſe and all thy other Mercies prove Motives to me to love thee unto the end, thorough Jeſus Chriſt our Lord, *Amen.*

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